HILARY DOWNEY

ColdLight

Spiritual Treatises

Synopsis

ColdLight is a collaboration of two worlds. The quest for illumination begins at the place where these two worlds meet – our hearts. Our hearts are the bridge and our minds are the interpreter. When we are young we are full of hope and plans for our lives but alone we do not always understand our reality. Sometimes we need a light to show us the way and this is the goal of ColdLight.

ColdLight presents thirty-one spiritual treatises that reflect spirit's deep and abiding care for all people upon earth. These treatises are designed to encourage, direct and help us understand our place and role in physical life and the greater life of spiritual worlds.

The spiritual treatises are given by teachers who have an emanating presence that is strong and commanding, strict and just. They come only to teach. When they depart they fill my mind and heart with a sense of oneness with the love and life of the universe and they replace any energy I have expended.

"We stretch out our hands to draw you on with us so we may travel together with no division between worlds, just a natural blending of life in all its guises."

ColdLight

Spiritual Treatises

HILARY DOWNEY

HILDOW Book

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Hilary Downey (P.G.Dip.Trad.Ch.Acu.) was born in New Zealand, where she continues to live; working as a self-employed Traditional Chinese Acupuncturist and Tik Dah Bonesetter and writing about what is close to her heart. In her early years she was a schoolteacher and had a family of three children that has expanded to five grandchildren and five great grandchildren.

Foreword

We have been born to live well. We live upon Earth, so we want to know how to live well upon Earth. Qualities of goodness lie within our souls as memories that can encourage us to live well. Our acceptance of ideas is influenced by when and where we live because we share the planet with others who have needs that differ from our own. Living well takes these needs into consideration.

Through our recognition of the needs of others we allow people to show us life outside our personal experiences. And so we receive a broader education. Our ability to comprehend a wider view brings us expansion. Our minds open to accommodate a wider perspective and our hearts expand to house greater realisations.

Sometimes we learn from the positive approach and sometimes we learn from the negative approach. Neither is right nor wrong for even though they seem opposite they are the same; constantly transposing one into the other.

It is easier to understand the positive approach; more difficult to progress to the negative. For example, in martial arts attack is positive, delivered with an outward reach when timing dictates. Simultaneously defence is prepared in the stance, awaiting an inward reception of attack that can be deflected or returned to the attacker. They are opposite modes of fighting; each incorporating the other and each having a place. All is dependent upon timing and the ability to change with need.

Recognition of the differing needs of others teaches us to give. Instead of seeking others to fill our emptiness, we give of our fullness. We share not only what is plentiful but also what we have little of, especially our time. This is the way of the

expanding heart. It carves a strong path of destiny, producing outcomes that would not otherwise be created.

Recognition of the differing needs of others provides a vehicle for personal transformation that opens a door to the re-creation of self. We are shown how we can become the person we want to be by creating the fullness of life through our own efforts. We learn self-sufficiency because we do not want to take anything from another.

Aware of the impact of our thoughts and actions, we adjust them so they seamlessly weave their way towards sublime destinations rather than pound upon the sensibilities of others. We all belong together; part of the pulsing heart of the universe. When any aspect of the universe calls our name we enter its domain and add the beat of our hearts to its great pulse.

We all belong together. Our hearts beat with other hearts to an eternal rhythm, opening doorways into magical worlds created by our souls. Together we pass through portals and, like children racing forward not wanting to miss anything, we gasp with wonder at the vista that opens before our eyes. In magical moments we share our wonder with those of like mind then carry on, not wanting to linger too long in case we run out of time and miss experiences or appointments in life.

We all belong together for we are one people. Joined with the universe our hearts belong to each other, their common beat a homing signal that tells us the time of shared rest that belongs to another place. Before this time we continue alone, not wanting a pause to distract us from the wonders waiting to be discovered. Our time is precious so we linger to share only a moment in case we mistake the lingering for the time of rest.

We can recognise life everywhere for we are part of everywhere wherever we are. All we encounter is another aspect of who we are. When others walk towards us we recognise them because we recognise ourselves in them.

Part One - Teachings from Spirit

Introduction

Spirit and matter are different arrangements of the molecules of life. The spirit of who we are, being of a finer arrangement, is able to live everywhere. Our physical bodies, a denser arrangement, are able to live only on physical worlds of matter. Whether matter or spirit we are the same life, only veiled a different colour.

Truth is the constant of the one life, the one will and it remains a worthwhile goal. It is we who are inconstant. We weave our way through worlds unmasking the guises of truth that lift the veils from our minds so the human race can come out of the shadows of wrongdoing.

Like a circle the world of spirit has no beginning and no end, so the circle is symbolic of spirit. From a physical perspective spirit belongs to the infinite world of inspiration that is as vast as the universe, so the human capacity for inspiration is as vast as the universe.

Whatever way inspiration presents it has a place in our lives for it can travel safely through all minds and touch all hearts. Sometimes we need a light to show us the way.

Although we cannot truly understand infinite perceptions with our finite, physical minds we can accept that they exist. We know they can be differentiated to adapt to our finite, physical life.

The reality of the infinite may be different from our perceptions but we do not have to be too concerned because we are human living in a finite world. The time for us to understand the greater reality is when we pass from Earth life. For now we accept inspiration so we can learn more about how to live well upon Earth, bearing in mind our future destination.

All teachings come from evolved spirit who seek to show a way to live well upon Earth. Infinite perceptions using finite language are discussed so there is no certainty in interpretation. Infinite concepts are adapted to our finite thinking mind that uses finite words, e.g. limit, boundary, level, higher, lower, beginning and end. As the natural blending of spirit and matter is understood more the need for definitions disappears.

Nomenclature is used to portray different relationships with the arbiters of my journey. I use the words *God, Divine, Creator,* not in a religious sense, but descriptive of the greater mind, the greater life, the greater will that is impossible to comprehend. I use the words *Great Spirit* to describe a greater principle so close to the Divine it also is beyond comprehension.

I talk about physical, etheric and spiritual worlds, aware that these broad terms incorporate many layers of distinction better described by more profound philosophies. I speak in general terms for everyone in the world who wants to make sense of their personal journey through life.

Our interpretation of words differs because our understanding of their meanings is moulded by our individual experiences. Throughout all teachings I seek to use ordinary language. Nomenclature constantly changes; none absolute. Slowly eliminating the need for too many spiritual references I offer my present perceptions of some of the words I use at this time.

Treatise is a composition written about one subject.

Inspiration is a creative insight coming from within or an outside source.

Spirit is the life force of a person that continues after death.

The *cord* is symbolic of the make-up of thoughts.

Seer of Light is a name for someone who has a long range vision of the progressive journey of the human soul.

Prophet of Doom is a name for someone who is interested in promoting the self-serving interests of man upon Earth, portraying these interests as man's right.

Initiate is someone who puts philosophy into action.

Occult means hidden. I use the word in this light. Over the years *occult* has come to mean mystical or supernatural. This may be because these subjects are hidden from most people.

We are moving into the Age of Aquarius. This is a time when the Wisdom of the Ages can resurface to become a foundation upon which further spiritual philosophy can promote all that is good within the human being.

Vibration is a rapid movement backwards and forwards.

In spirituality *vibration* is an emanation for good or evil.

Teaching Spirit is a term I apply to the spiritual teachers to illustrate that their teachings have a basis in spiritual philosophy that is not personal in nature.

Evolve means to progress and advance. I use this term in the light of *expansion* because the human spirit is a differentiated breath of infinite life that is already evolved but needs experiences of life to expand its conscious awareness. Sometimes the word *evolved* implies comparison, but this is not my intention.

Eminence is the ability to radiate love. It varies according to the moment.

Countenance is the constant of the ability to radiate love and it can expand.

I present the following explanations because they are relevant to the teaching called Cold Light. After receiving Cold Light in response to my questions about the cold I feel with the reception of many teachings, I had to research the existence of a cold light.

There are two main categories of light.
Incandescent light results from heat.
L*uminescent light does not result from heat.*
It can be called Cold Light.

I have named this book *ColdLight* because it is descriptive of the cold vibration brought with the presence of the teachers and certain teachings. It is like an intense version of déjà vu or illumination when we go cold and the hair on our arms stands up. A cold wind has swept across our horizon bringing some truth we need to be made aware of.

The teachings travel on a *Cold Light* that wraps around an inner warmth. On the *Cold Light* comes an awareness that there are beings greater and nobler than ourselves. These beings establish a knowing within us that we are part of something greater. They herald an all-embracing oneness with the love of the universe that remains following departure of the *Cold Light*.

There are four fundamental forces in nature.
Gravity, Electromagnetic, Strong Force and Weak Force.
Thought initially to be a single force, in our universe today they are separate.

These are the forces we know of, but the universe, our environment, is large and we are learning more every day. Maybe there are more forces to be discovered.

All that grows tall does so because of a strong foundation in truth. All that grows tall has immeasurable majesty, longed for by eyes that linger on implied qualities of strength, endurance and longevity.

Children of Light

The Children of Light proceed to the mouth of the River of Cleansing where their souls are washed of certain memories. With pure souls they begin their journey to Earth to bring teachings of light to the uninitiated.

Why are their souls cleansed?

To enter Earth with full knowledge and memory of spiritual life would be an unbearable sorrow and pain for the loss of realms left behind. Such sorrow and pain is unequalled by anything upon Earth. Cleansed of memories of spiritual realms souls can be joyous when they come to Earth.

Once the journey upon Earth commences souls can recognise the keys that awaken memories of a path that is a homeward journey. Regardless of subsequent trials and sorrows in Earth life, happiness is their response.

At this time what can you see upon Earth?

We can see the arising of Seers of Light and Prophets of Doom.

Children of Light come to Earth to prepare people for changing times.

As Seers of Light they build channels of light through purity of thought, purity of action and purity of lifestyle that looks beyond self-interest.

As Prophets of Doom they are aware souls perverted by a desire for power, wealth and recognition for their

understandings and abilities. They spread their knowledge and forebodings across the Earth in preparation for a time when a leader from their number may emerge to dominate large numbers of people across nations.

We can see an increase of occult knowledge and psychic ability.

An increase of psychic ability and its use of occult knowledge is encouraged by the Prophets of Doom, who are gathering in strength, waiting to influence those lacking in the spiritual direction the Seers of Light seek to provide.

We can see a gathering of souls of similar vibrations.

With travel possible all over the Earth, people of similar vibrations are gathering together. Seers of Light attract people who are seeking the way of spiritual light. Prophets of Doom are a magnet for those who are attracted to the psychic vibrations of Earth life. All have an opportunity to change direction.

We can see the dissipation of green belts that encircle the crust of the Earth.

Green belts upon the crust of the Earth enable life to continue. The increase in psychic vibrations, as opposed to spiritual vibrations, change people's thought patterns. Subsequent selfish actions and greed, as a result of these thoughts, bring about a reduction of the green belts upon Earth and an increase in air pollution.

Good health is provided by green vegetation and pure air. For souls to grow in spiritual strength they need to strengthen their ability to develop pure spiritual channels for inspiration using the green and blue vibrations of the Earth.

The Wisdom of the Ages is becoming available to all. It is a foundation of knowledge to build on so people can understand the journey of man upon Earth through the Age of Aquarius.

Unless people hear the call of Seers of Light they will eventually come under the influence of Prophets of Doom who have self-interest at heart.

Seers of Light can live and work in any environment, in any community and use any platform. Their strength is pure thought, pure action and a simple lifestyle that looks beyond self-interest.

Vibration

The radiance of your light is your garment that allows you entry to compatible realms when their airways resonate harmoniously with your light at a particular time; be it physical Earth or places of a deeper dimension.

Vibration is not related to words, actions or the personality you present to the world. It is what emanates from the desire of your heart that portrays your spiritual and physical goals. You build your own vibration. It mirrors the strongest desire you have at any one time. This desire determines how much of your spirit can emanate from you and whether the radiance of your light expands or diminishes. You do this through the life you live. You choose whether your life is compatible with the vibration of your spiritual light or with your physical life.

The focus of your spirit is the greater life. That is its direction and attraction. When your focus is on the goal of your spirit, along the way all that is dross is discarded and all that is pure is preserved. Much of what you had filled your life with becomes redundant.

As you seek to expand your spiritual awareness you no longer rely on the explanations, opinions and judgements of

others. You follow your own focus, which creates confidence in the direction of life you have chosen.

Wherever your focus your vibration causes you to reach for your goals and associate with people who have similar aspirations. You draw towards you the appropriate people and events.

When your vibration changes so does your direction in life. A strong desire for a new direction causes you move forward, open to new people and new experiences as they present.

As your direction in life changes some people may continue with you. Should they wish to remain where they are, there is a natural parting of the ways. When they cannot travel with you but wish to maintain a place in your life, they may try to turn you from your new direction because it is moving you out of their orbit. You leave places and people, only renewing contact for a time when a part remains and only for the time of its residence within your heart.

It takes courage to change your vibration so you can work towards achieving a new goal. For a time you may have to travel alone without any perception of where you are going or whether there is an arrival.

You come to Earth with capabilities that create opportunities in your direction of interest. There is no right or wrong direction. All is according to your desire.

The tide comes in and the tide goes out. People come into your life and they leave, either according to their desires or your own but the joy of having known them contributes to the quality of your life and your growth. When the time of your association is over all parties have learnt what is necessary. When anything remains to be experienced your association is renewed in some form at the appropriate time.

Teachings

Teachings come on a cold light from unimaginable distances. They come because they have been requested by the heart.

When you are in the worlds of spirit your soul is open and you have memory of the greater life. When you come to Earth this memory remains dormant and you become caught up in physical life. It is all you know with certainty and your spirit finds it difficult to express its essence. Hearing a view of physical life from the spiritual vantage inspires recognition of a greater purpose of life than what is experienced upon Earth.

When you look beyond your five senses, perceptions of a greater life become available but not everyone seeks a greater purpose. For many people all their goals and plans are material in nature. They do not want to look beyond what they see and feel with their five senses even though they all travel between the world of earth and worlds of spirit.

Your soul has a wide experience of life. You are greater than you realise. You are capable of releasing the wisdom of your soul when you learn how to access its memories. This comes with learning and in this we are here to help. Our job is to bring you what you ask for so your life makes more sense and you can focus on what contributes to a greater awareness.

Focus fluctuates. When you focus on what is beautiful in life you are reflecting what is beautiful within you. When you focus on what is dark and iniquitous in life you are reflecting what is dark and iniquitous within you. It takes courage and strength to create thoughts and actions that mirror the good intentions of your heart. This is the only way to reach for greater awareness. This is the only way to change the fluctuations in your life that can cause you to feel you want to leave and not come this way again.

Remember the bigger picture and be comforted. You elected to come to Earth at the time and place of your birth because they provide you with the conditions you need for your growth. Life on Earth is a journey you make alone. We hold out our hands to offer you help and you hold out your hands to offer help to your fellow travellers, but your life should continue in the direction you choose. You should not adjust it to suit others. All you can do is encourage people to lift to the highest that is within them. This is what we do. We encourage you to reach for teachings so we can give you what you request.

When you receive teachings your room fills with people in spirit who wish to learn from you. You are showing them the way. You hear the teachers. You do your best to live according to the precepts of what you receive. You follow your heart by being who you are and doing what you need to do. Spirit sees how you manage your difficulties and your joys. This gives them confidence, courage and a belief that they can do likewise.

And so people from two worlds learn from each other for all people are equal.

Cold Light

What beings are you aware of in creation?

Beings you are aware of may be classified as Houses. Within these Houses are Families.

For example:

The House of Beings close to the Divine, the House of the Great Spirit and the House of Messengers (Angels and Archangels). There are other houses and families you are unaware of. The House of Beings set in motion the love and the

creative will of the Divine. The House of Spirit, like all life, emanates from the creative will of the Divine.

The gradation of honours within each house is infinite. Although the possibilities of progression within a house are infinite, progression must surely remain within each House of Families. The Human Spirit progresses to eternal joy within the realms of the House of Spirit.

Whom do you see when a presence is invoked?

You see those who are assigned to you by the arbiters of your destiny. These arbiters know all routes of progression that are possible for you within creation.

You see your guardian who travels with you and encourages your education about life.

You see discarnate beings and spirit up to a level commensurate with your own. You are able to recognise and acknowledge a vibration from evolved teachers from spirit beyond your level when you are developing and reaching for that vibration within.

How does one aspect of creation reach and attract another aspect of creation? You perceive us to be of a higher and lighter vibration than yourself. This is so in relation to the human body and the physical world it comes from. It may not be so in relation to your spirit. The essence of who we are travels to the essence of who you are.

Different dimensions co-exist. They interpenetrate each other. You inhabit a world that can provide what you need so you can reach further for spiritual expansion. You may travel below but not higher than that place to which your spirit can reach. Everything in the various worlds of creation follows natural law. Creation implies birth, maturity and dissolution; processes that are part of physical and etheric worlds.

In spiritual worlds there are *boundaries*.

To cross them, at the boundary we adopt the *apparel** of the dimension and discard it when we leave. Spirit and what spirit carries to material worlds travels in accordance with natural law; encompassed in the four known forces of the material universe you live in. Through the Law of Attraction we are drawn to you. We are spirit and we are drawn to your spirit.

The etheric counterpart of man is attached to man by cords; cords of soul life, cords of love, cords of thought forms and cords of forms created by actions. These cords connect man to man and spirit to man. They can be seen as paths of travel through the different dimensions and can be likened in physical terms to cords in space; formed by gamma ray winds and rising as majestic columns. Prayer and worship to the Creator construct connections beyond cords that are strengthened by love; that great creative force in life.

Note: boundaries*;* apparel. *We are applying finite concepts to infinity. These are symbolic terms best explained as natural barriers. For example, if your light is as the sun you can travel into the sun without harm. If your light is of a lesser nature you will naturally turn back at some point or be consumed.*

Some of these cords are the well laid pathways of the Masters. They enable spirit of higher realms to step down through doorways to realms below. The essence of who we are can be passed on to an emissary at each doorway to a realm. Even though the essence adapts to the realm or dimension it passes through it still maintains its central core of being. It is this central essence coming from afar that travels on the cold light.

There are paths within man that are a stepping down from man's higher spiritual self to his physical self. There are doorways in man's etheric counterpart belonging to his

radiating spiritual self above the crown door. As our spiritual light steps down door by door what is recognised and accepted within each individual is according to his or her awareness at that moment.

As our light steps down it vibrates to an aspect or colour that man is capable of comprehending. Within this range of the spectrum the cold light of blue, indigo violet, and white relate to man's spiritual self. The first doors of our entry are head and throat so the impact is cold and still, creating awe and humility.

The warm light of green, yellow, orange and red relate to man's etheric and material selves. The doors of entry are below the throat and surface anteriorly and posteriorly to the spine. The impact is warm, active and glowing as the incoming light adjusts to the natural temperature of the human body.

Why do we travel to you on a cold light?

We are of a lighter dimension. We travel at speeds according to our capabilities. Should we come to you with such a light it would be greater than the natural temperature of the Earth and would be a destructive force to you? We travel to you on a cold light, which is emitted like a blue light following infrared radiation that stimulates luminescence. We are always concerned with your safety and do not want you harmed in any way. A light that radiates heat dehydrates the human body. Depending upon the mediumship involved, extreme dehydration can thicken the blood and cause severe health problems.

What does spirit bring to you?

The first thing we bring is love, which travels to you through the natural laws of the world you live in. It is the basis of why we do what we do. Love is a creative force. It diffuses

throughout creation. It adapts and becomes part of the life of each dimension. In man its essence flows down past the throat, entering and suffusing its warmth through the adapting doorways below.

When we bring you love we do not have to come close ourselves. We have ways to send love for it can travel on its own velocity. You are reaching out to us and through us you are reaching to the greater life. Through the Law of Attraction you draw our love to yourself because love is within you.

Love travels in all directions throughout creation. It is only limited by the capacities and abilities of the sender and receiver. Because love exists everywhere it already exists within the warmth of your environment. It arrives as a warm glow, its presence filling your heart. It is a living, moving force that gives life. Its state is yang.

The second thing we bring you is knowledge relative to your desire and ability to receive and learn. You receive much of this knowledge via emissaries who are closer in vibration to you. When we bring teachings ourselves they relate to the wider view of creation and the part man plays in it.

Because we are of a lighter dimension than you there must be a cooling so the teachings are carried within our essence on a cold light. When you receive these teachings you feel it in the throat, the lowest spiritual doorway. These teachings are spoken through the throat. This door is associated with the cold light of blue so it is hard to receive teachings when you or the room is too warm.

The third thing we bring you is an emanation of our presence. In all cases the presence you are able to discern comes on a vibration compatible with natural law and the forces of nature. When our presence is felt or seen it is usually alone. It is an acknowledgement of a teaching to come. The

cord or path we travel is different from the cord or path the teachings travel.

Our emanation is felt in the crown and forehead. We enter here as a cold, white light which is the sum total of the complete spectrum of colour you can see. The beings that transmute our light are of the silver light that is also a cold light. They open the doorway to our emanation.

The Earth is further from the source of light than the home of lighter beings. We are travelling, not arriving. We are moving, not static. Movement is heat. We are outgoing, not incoming. We are imparting, not receiving. Our state is yang.

You are the opposite. You are static. Stasis is cold. You are incoming. Incoming is cold. You are receiving. Reception is cold so you need to receive on a cold light. Your state is yin.

Reading the Teachings

From deep within, your intuition tells you what you need to read, what you need to see and what you need to hear. Your intuition directs you to these things. It directs you to places where you need to be and when you need to be there.

After listening to this voice of your spirit for some time you can see, when you look back on events, that it was good for you to have followed your intuition. You then know that you can trust and believe in this powerful guidance.

Reading teachings can be a strange experience. They are not a book to be read cover to cover. They are short pieces that you can relate to at a particular moment of time. Whenever you feel inspired to read a particular teaching there is something in its pages that is good for you. It may be only one sentence. It may be the whole teaching.

Teachings are designed to encourage, uplift and direct. They are designed to help you understand the life of the human being and achieve on your chosen path. They are designed to

give you courage to move ahead with confidence, change aspects of your life and, when necessary change direction.

Nearly every day of our lives we are asked to make decisions. Some decisions are small but each one is a chosen path of travel for that day. It may not be for longer. After choosing this small direction something is learnt for nothing you do, see, feel, think or hear is wasted. These decisions are either moving you forward or causing you to look back and move in a reverse direction.

Change comes about in small ways. Because change is inevitable in life it is empowering to recognise how it is initiated in small ways every day. Viewing life in this way increases courage because initiating change on a daily basis is like a practice run before a main event. When a big change that is important comes about you are adept at moving in a new direction because you are aware and practised at doing so without fear. Acceptance of change causes fear to flee.

When the need for change occurs and we have no thoughts in our minds about a desired result we are open to whatever it brings. It may be as simple as a new way of looking at the world. It may be as simple as meeting one important person. It may be as simple as a first smile after a period of sadness when smiles had disappeared from your face and been replaced with a downcast expression and a downcast posture.

You may read a page and find it empty. Nothing on the page speaks to you. Everything seems too simple. Nothing is new. When this happens do not try to continue. Close the book. Your mind is focused more upon your physical world than your parallel spiritual world. Go back to your physical life and live fully what it offers you.

When the time is right you will again choose a particular page. You may choose the same page but in a different time and a different mood. When you read it the second time you

may be astonished at how much you are able to receive from the same words.

You may read a particular page and receive an understanding that appeals to you. Some time later you may read the same page again and be surprised. The understanding you receive on the second reading is completely different from the understanding you received previously.

How can this be so?

Spiritual teachings come on a particular vibration. A vibration is an all-encompassing ray of light that travels to the receiver with the words. Words are linear. They are marks that move in a straight line across a page. Read them silently, then read them slowly out loud. Note the difference in what these words impart to you with these two approaches.

You may be surprised at what you receive in excess of what the words say. The real teaching between the words is carried on the vibration of love. The real teaching brings caring and a desire from the teachers and helpers in spirit to lift your awareness so it may embrace the greater life and accept a creator of worlds beyond the physical world.

How would you like life to continue?

If your life is difficult you do not want it to continue in the same way. You can feel more accepting of a creator who offers you the promise of a better life that you earn through your own efforts; a life less painful and less sad than what you may be experiencing now.

You want to experience hope for a life better than what you are living at this time. Teachings are designed to bring you this hope. They are designed to explain that there are others out there who love you no matter how little love or how much love

you receive upon Earth. Teachings are designed to show you that whatever you do, when you do it to the best of your ability, what you do causes a light to glow in this darkened world.

You may not be achieving some great and important position in life. You may not be well known. You may be leading an ordinary life and when you compare your life with others you may feel dissatisfied. Teachings are designed to encourage you to accept the life you have chosen and to live it graciously with joy. There is great joy in small ways. Comparing yourself with others is done with your physical mind and achieves nothing.

Quieten your physical mind. Let the voice of your spirit within speak to you through your intuition. It will tell you that through the life you are living well to the best of your ability you are adding to the universe. You are increasing the Great Spirit. You are incorporating yourself in to its life. You are becoming an important part of the universe because this life you are living is a stepping stone to a greater life. It may only be one small step but if it is a step in the right direction everything can only get better.

When you have hope you have a future. The promise of a future implies that this time you are experiencing has an end. This is so because you live in a finite world where all things, both small and large, come to an end. Each activity has a beginning and an end. Each day has a beginning and an end. The end of each activity and each day promises another day with new activities.

We can all cope with difficulty and hardship when we know there is an end. When we appreciate that an end comes through change we can embrace change for it gives us one more step into a future.

Teachings cannot be learnt. You cannot be tested for what you remember. Sometimes as soon as you have read the

teachings you forget what you have read. This means the part you have read is not for you at this time. Close the book.

When you are sad open a page. Read one line to see if what you read lifts your spirits. When you are sad your loved ones and helpers try everything to promote your courage so you can move into happier times. When you are happy open the book. Read one line and see whether it encourages you to reach even higher.

Life upon Earth is about change. It is about movement. It is about effort. Let us use change to create a new movement that can take us down a road where we can use effort to achieve another goal. Effort counts for something. Through your intention effort produces a result. The result may not be what you planned. It may only produce change and the confidence to move in another direction and do something different.

Never lose sight of hope. It is a most undervalued quality. Hope brings a smile. Hope brings inner happiness. Inner happiness is a habit that can be achieved through one small step at a time.

If we have any message to impart today it is, *live only today*. Look at the choices you have made in this one day. Look at the strength you felt with the opportunity to achieve something greater with more effort. Look at the courage you felt when you had to face and deal with an unpleasant necessity.

When you look back you realise that by being more aware, the day has been more interesting. You may tell the Great Spirit this when you thank him for the gift of life that has been given so you could experience this most important day. This day has taken you one step closer to a future that awaits you in another place and another time.

Part Two - Spiritual Foundations

Introduction

When you view the spirit world from your vantage it is as though we have the answers to everything. It is as though we have the answers to how your life upon Earth can be improved. It is as though we have the answers that enable you to live your life in the way you think you wish it to be lived. This is not so. Words, philosophy, learning and knowledge mean nothing until they become part of you. They mean nothing until they are incorporated into your heart and your life, to become part of your experiences. They mean nothing until they become the Living Word.

The philosophy of the greater life is the philosophy of physical life. It travels through the airways from the realms of the greater life to the physical world in the times that can accept it. It brings knowledge of the complex human being including the body. The spirit lives in the human being. It lives in the blood vessels which is why the heart is the residence of the spirit. There are pathways from the heart that connect to every part of the human body and the spirit travels through them.

We can prompt you. We can give you philosophy and guidance but you choose what you can accept. We present a panorama of subjects. When your interest is piqued in one of these subjects you will choose, even if it is only one sentence, to incorporate it into your heart and into your life. The knowledge coming through that one sentence draws experiences towards you causing a change in you. This is how knowledge becomes part of who you are. Another step is taken.

There is no guideline as to how you progress. Your progress is made through one step at a time, either going forwards or backwards, according to the desire of your heart.

By applying simple philosophy to your daily life you change and your daily life changes. The changes take place in the area that you have incorporated into yourself. You accept an understanding when you are ready. You reject an understanding when you are not ready. What we bring to you are understandings that take effort to apply to your daily life.

What you hear is for you to adapt for your physical life.

For example:

There is constant talk about letting the light of your spirit within shine. From a spiritual point of view your spiritual light shines, expands and reaches outwards when nothing impedes its path. From a physical point of view the physical body, the physical mind and the physical life can impede the light of the spirit. The difficulty is in not allowing the physical life, the physical mind and the physical body to impede the light of your spirit.

In the past one way was to subjugate the physical body and subjugate the physical life through asceticism and repression. In these times let us focus on your spiritual light then you can see what is good and beautiful in your physical life. You see available to you good and beautiful choices that can enhance your life and the lives of those around you.

Through free will you choose what teaching to apply to your life and when. Through free will you choose what to think, what to say and what actions to take. Through free will you choose what guidance to accept and what to ignore. Through free will you build your confidence because you become adept at making choices that ensure your progression through life. You become independent of other people's opinions and ideas.

Should any of your choices become detrimental, unfazed by failure you choose again for you are learning to become master of your own destiny.

Applying philosophy to daily life is simple. Greet each day as a new life. Do not be afraid of turning left when everyone else is turning right. Make your decisions according to how you want to use the best of what is within you that day.

Sometimes you do this better in company and sometimes you do it better when you are alone. Only place yourself in situations where it is possible for what is the best within you to shine. Spiritual growth is a simple path. When you are happy you are shining and progressing. You are being honest with yourself because you are doing what you want to do.

You are not harming anyone when you are doing what you want to do. On another day everything can change. The experiences of one day can teach you something so that when you start the next day you want to do things differently. You change every day as the *Wheel of Change* rolls through your life.

Although fearful things are happening upon Earth we only wish to talk about how life will become one day. We only wish to talk about how we can help you make this happen. We only wish to talk about how to find the good inside all people so their actions can become good.

We would rather talk about the beauty of humility than pride. We would rather talk about the impressive results that effort brings than talk about laziness. We would rather talk about how the spiritual mind can be strengthened to control the physical mind than talk about the out-of-control physical mind and the path it takes you down. We would rather talk about the love and joy you can find when you look for it than the difficulties you sometimes endure.

Sometimes you are looking for a way to cope with difficulties, change them and lessen their impact upon you. When you cannot find what you need upon Earth look to the spirit world and we will try to bring you clear directives.

You planned everything before you came. You knew what you would be doing for you are the creator of your life. Our job is to give you tools to help you lead this life you are creating and help you find the strength you brought with you. We do this by discussing subjects of hope, love and faith so you may believe in yourself, in a continuing life beyond the Earth and in the justice of the universes.

A beautiful lady commits suicide and her friends are reeling with shock. In life she projected a happy presence even though love had taken her down a sad pathway. This is all I am told about her but I am deeply touched. For several days she remains in my thoughts; a constant presence in a sad and beautiful way. Eventually she shows herself to me because she is troubled by the effect her death has had upon her friends who can find no answers to why she took her own life.

She communicates to me that she was disappointed in herself and her life because she followed others and did not initiate anything. Her heart was unfulfilled and she felt she had no purpose. Her experiences of love had never filled her heart and she ached with its emptiness.

Her communication and the teaching I receive on suicide at this time belong to *HeartFelt*, the second book of the trilogy.

I give her communication to the lady who had told me the story and she passes it on to those concerned. They respond with joy.

Interested in what I receive from spirit they write to me:
Ask Spirit how we can use your material.

I comply and receive this answer.

Direction

Write treatises that can become a foundation of learning that individuals or groups can use for meditations or discussions. Send these treatises to those concerned so they can set up a group called Foundation of Spiritual Learning.

I communicate this request to her friends and they are delighted. A commitment to receive a body of spiritual teachings for a specific purpose is made and I must deliver. The treatises are born for a foundation to be run by two of this lady's friends.

There are no barriers between worlds except those of our own making. This lady who felt she had never initiated and achieved anything on Earth has now done so. She created an opportunity from another world to initiate and achieve what she so deeply desired. May she now be at peace with a full heart.

I receive an *Introduction* and a *Welcome* for the opening ceremony that includes song, dance and prayer. It is a joyous occasion for people to come together and share a time of meditation and discussion. Two worlds meet as they celebrate the life of their friend. For a moment in time certainty of a continuing life is acknowledged.

Welcome

Welcome to a sanctuary of spirit and man. Let us join together in prayer. Together we can rejoice in this time when two worlds meet. We can rejoice that our lives are useful. We can rejoice that we are in the employ of the greatest employer in all the universes and worlds; an employer from whom we receive the gift of life. Life is an adventure because it changes

from day to day and moment to moment as it brings new learning, new people and new events; all according to our hearts' desire.

What is in our heart?

Our heart has only love for all life. Because we are related to the Earth and its inhabitants we love all upon Earth. We wish to encourage everyone to live well and see their experiences as part of a great adventure no matter how difficult these experiences may sometimes seem.

What is in your heart?

In your heart you have a desire to love. You have a desire to thank the creator for the life you have been given. Your life is not as difficult as the lives of some people. It is not as good as the lives of some people. It is a middle road. For this you are grateful and you wish to return some of the joy of this life by sharing it with people around you. You have this opportunity. What you do with it is your decision.

Everything you do rises and falls according to your desire; according to the yearning in your heart to achieve whatever destiny you see as yours.

We are here to give you whatever assistance you require. All you have to do is ask. Two of you provide capable leadership. Between you both you have the skills of administration and the ability to liaise between people and serve their needs so this endeavour can grow in the way you wish it to.

The treatises are guidelines for you. They are not the beginning and the end of what you need. You are travelling your own path and we are sharing it for a time. You may receive what you need in your own way. Everything can be combined. You do not have to follow the treatises to the letter.

Teachings from the spirit world are hard to deliver and hard to receive because the two minds of the two worlds are different. Always the mind of man seeks to interfere. This is why you are working in a partnership to lead this venture. Each of you can protect the other from the physical mind. Each of you can warn, guide, instruct, support, love and help the other. All that is needed from you both is a willing ear.

The world of spirit is a vast expanse with a vast amount of knowledge. What knowledge, what learning do you need? Do you want knowledge that helps you live well upon Earth? Do you want knowledge that helps you ascend from Earth? Do you want knowledge that explains your history?

People who come to you want answers in ordinary language about why they are upon Earth. They see injustices and do not understand why this is so. They do not see fairness in life. Their questions are about physical life but spiritual philosophy is concerned with the continuance of life that belongs to spiritual worlds.

The most important factor to take into consideration is that for the hour or two you spend together you are replacing any problems and disillusionment with joy and laughter.

The world is a fearful place at times for many who live upon it. We wish to change this. We wish you to change this.

We ask ourselves,
How can we help?

You ask yourselves,
What can we do?

In any way our two worlds can join for a time this task becomes possible to achieve in this time. The task that can be achieved changes from time to time, from decade to decade,

from generation to generation, from civilisation to civilisation. All depends upon the airways and the minds that are both giving and receiving. According to what is possible, in each of these moments we lend a hand and you offer your service.

Look into your hearts. Find your goals. Clarify on paper the goals you wish to achieve, no matter how big or how small they are. Do not think of self. When you think of self you will lose courage and believe nothing is possible. When it is the right time for an endeavour everything is possible. All depends upon the effort expended and the ability of the administrators to continue against all odds. In progression, in evolution and in change there is no success and no failure.

You do not have to have an idea or a vision of where your endeavour will go. All you need is a willing heart that is joyful. All you need is to attract to yourselves through the love in your hearts, those people who would like a sanctuary where they can learn and where they can achieve a foundation of faith, hope and love. Let us pray that this foundation achieves your goals.

Whether your goals are achieved for one day or for one lifetime does not matter. All that matters is the willing hearts that allow the love we have for you to enter the world. If enough of our love can come to the world it must filter through from country to country via the airways through which thought travels. Let thoughts and words reflect what is in our hearts because what is in our hearts is what we have inherited through hard work, through living and through our experiences.

Imagine every person you have ever loved, cared for or known, even if only in a little way in this lifetime and every lifetime you have ever lived. All these beautiful souls are here to contribute with their energy, their light and their love to

everything you want to do because what you want to do is more than personal desire.

When what you want to do is in service of the greater life to enhance the life of even one soul contributes to the life of all.

Remember the words of the Master,

When two or more are gathered in my name there am I in the midst of them.

May the light of the greater life shine on all people all over the Earth and may we together be a channel for this light.

Treatises

There is a plan to all life, which vast possibilities fill me with awe as do the immense array of Beings who carry out and maintain the creation of life everywhere.

All I can comprehend is my experience of life but I know I know more than I know now. I know that while I am here on Earth I do not know everything I know.

My mind chooses to think and accept what is relevant to my life now even though I have glimpses of memories that I know I can pick up in another place and another time. At the appropriate time in an ongoing life I will remember and transpose these memories into a blueprint for a life I wish to actuate.

Memories can be made, recalled and transposed as can every part of that great mystery called life. The cells of the human body each harbour a different reality when they differentiate to perform different functions. When they are provided with the necessary environment and materials, one by one the cells of the body can purify and bring a fresh energy to the inner life so spiritual worlds can be comprehended. This

is the return path to a more ethereal human being, recognisable in distant memories.

Where do we start in our quest for illumination concerning the journey of man upon Earth today?

We can only start at the place where two worlds meet. This place is mirrored in our hearts. One world is a spiritual abode that seems born of our imaginations. The other world is our physical reality. We can enter a spiritual reality but we cannot try to do so. Entry is gained naturally through our hearts when we adopt the spiritual guidelines for life. These guidelines are based on faith, hope and love.

The reality of spiritual worlds is hidden from our eyes. It is the packaging around the simple words that originate there and are delivered by their residents. Our hearts are the bridge. They are the point where two worlds converge. Our minds are the interpreters. Awareness of the existence of spiritual worlds brings us hope because all that comes from such places reflect a deep and abiding caring for humanity.

The spiritual teachers stand as an emanating presence that is strong and commanding, strict and just. They come only to teach. When they depart they fill my mind and heart with a sense of oneness with the love and life of the universe and they replace any energy I have expended.

They bring the treatises on a vibration that fills the horizon of my mind with a sense of purpose and certainty that empowers and initiates. Initially I rarely know the content or subject matter for I usually receive the title at the end.

The teachers truly are the people of my life yet I cannot describe them. They do not have form and personality but I would accept neither. Form and personality relate to life on Earth and my goal is a further destination.

A new direction lies ahead so I offer these treatises that they may illumine an inspired journey.

The treatises are a body of work designed to be a foundation for learning. They open the doors of the mind to encourage you to to look within for your own inspiration that can give you insights into living well. Your heart has this knowledge.

This endeavour speaks from spirit in one world to spirit in another. It is a mutual endeavour of two worlds harmonising to realise a certain intention. Subjects are approached gently, a little at a time, so what is offered can be absorbed slowly. So begins the transformation of a life.

I offer no comment because the treatises do not reflect my life, rather provide me with perceptions I can use to change myself and my life. I present the treatises in the order I receive them, finding the titles and content intriguing. Who knows what follows?

Our perceptions and awareness change with our experiences in life. You can assess your existing view of the subject matter of any of these treatises by writing down your perceptions before you read it.

With any learning greater awareness is the result but the move from simple understanding to more complex comprehension is slow.

We stretch out our hands to draw you on with us so we may travel together with no division between worlds, just a natural blending of life in all its guises.

Part Three - The Treatises

Two Worlds Meet

Relationship between Two Worlds
Passing between Two Worlds
Love Vibration
Physical and Spiritual Minds
Inspiration
Protection

Welcome to a foundation of spiritual learning for the spirit of man to safely explore the greater worlds of the greater life. Because of this all we do is according to a greater purpose. We are all workers in the field and as we work in our individual ways what we do affects everyone, so we do our work with joy. Our work is our life and our life's purpose is our work.

What do we work for?

Each of us belongs as a tiny segment to a greater cause of life that is an expansion of being beyond the finite conceptions and abilities of man. You work upon Earth to expand your spiritual awareness and consciousness, at the same time helping others of your spiritual family upon Earth to do the same. We work in the spirit world to expand our consciousness of the greater life that is all-encompassing.

The greater life contacts and melds with that part of itself which is us. It contacts your spirit within, melds with it and gives it purpose, enabling you to see life as having a greater purpose than what exists for you upon Earth today.

Any foundation of spiritual learning is in the greater life for its essence makes us what we are. Because of this we need to understand what spirit means for us.

Before coming to the Earth everyone plans to achieve two tasks. The first is to find and achieve spiritual purpose and through it create the opportunity to embark on a work of service for another. The second is to pay any karmic dues that have accrued.

We seek to bring you a safe foundation of learning. These treatises travel through inspiration because we view inspiration as the safest way to relay information. Inspiration impresses words, ideas and pictures upon the higher mental faculties of the consciously aware human being. It travels a path between the spiritual mind and the physical mind, which works closely in conjunction with the voice.

There are laws that apply to all life; life on the Earth and life in the world of spirit. Although these laws are applicable to all life they take on a different hue in each place.

For example:

Gravity is a natural law upon Earth. It is what holds life forms to Earth. Gravity upon the moon is different. The moon's gravity does not hold man to its surface. It is still present but according to a different mathematical equation.

All souls must follow the laws of life for they are natural laws. They apply equally to all. Our task is to provide greater understanding about these laws and the interrelationship between our worlds because the human spirit passes frequently between both.

The most difficult place of learning is upon Earth. What is learnt in the spirit world may not travel with the human spirit to the physical world, but what is learnt in the physical world may travel on the passing to the spirit world.

To have an opportunity to gain spiritual awareness upon Earth and put it into practice in your daily lives is a privilege. It is a privilege because you are living lives that give you the time

and leisure to achieve this purpose. You are not spending all your time trying to feed, clothe and shelter yourselves and your families.

The passing from the physical world to the spiritual world is very important to the human being. In many cultures little is said about this but there are as many ways to pass between these two worlds as there are individual human minds. However people pass from the physical world to the spiritual world, whether it is through a natural passing, a violent passing administered by another or an accident or is self-inflicted, all will find through either self-realisation or learning from another that a path forward opens from that moment.

We call love bonds between people the love vibration. It creates a path of communication between the two worlds. Through this path those in spirit who have loved ones upon Earth can work closely with them. They are often able to achieve more than they did when they lived upon Earth.

Love is protection. Protection is the love vibration. Protection has its foundation in love and worship for the creator. It is through the will of the greater life that we do this work. This is a most important and most difficult concept to comprehend for it encompasses the spiritual mind and the heart working together. When the spiritual mind and heart work together they expand. Together they are able to form a link to the physical mind. In so doing a vibration is set up. This vibration only attracts what is similar. All else it is repelled. In other words, human beings or spirits who do not function with their focus upon the will of the Greater Life cannot come close to those with this focus. When they cannot come close they cannot cause harm.

What is the physical mind?

The physical mind is the front part of the brain that is aware of the physical world the human being lives in. It articulates everything that relates to the immediate environment which is the physical world. It is the mind that wants only to focus on these things. This mind places you at the centre of the universe wanting everything and everyone to revolve around you as a sun. It is tender, easily hurt, easily barricaded and easily lied to.

The physical mind is supposed to be the tool of the spiritual mind but like a naughty child it is out of control and has become the master. When you focus on spiritual concerns you cannot placate this child. You have to explain its purpose and relegate it to its rightful place. This is best done gently and kindly over time. Because the child has run rampant for so long it cannot easily be quelled.

Watch your thinking and see what you think about. Analyse what you hear and what you feel. Ask yourself, *Is this the foundation I wish to build my life upon*?

The spiritual mind takes a backseat to the physical mind. It is on a diving springboard ready to leap into its own all-encompassing abilities. This is what we are starting to do now.

Learn to laugh at how the physical mind behaves and slowly your spiritual mind will gain control. It is not as busy as the physical mind. It doesn't think at all. It is a conduit for the love of the greater beyond. It feeds your heart and your soul. Ultimately it feeds your physical mind. It gives you purpose and security because it causes you to realise that you are cradled in the love and life of the universe and your work and who you are has a place in a well-planned world that is important to your evolvement and the evolvement of others. You do not have to be important in the eyes of the world for all are held in the palm of the greater life. When they are ready all will fly.

You are where you are because that is where you are supposed to be at this time. Along the road, at certain points, you have had many choices. It did not matter which choice you made. Because we live in a sphere, everything circles round to the starting point – but that is another philosophy for another time.

Laughter and joy are the ways of the greater life. Love travels on the sound of laughter. The heart full of joy overflows and extends what it has to others. Laughter and joy enable the nobility of the human spirit to shine through all adversity. They create self-confidence because they look at all people upon the Earth and know that all are equal in the eyes of life. They know that all are born in the same way and will die in the same way. Although the journey between birth and death for each may differ all the feelings and the entire composite that makes up human being are identical.

It is hard to stride out with confidence in the world today. It is hard to let your light shine but that is the only way to dispel the darkness of evil that does exist upon Earth. As your physical mind changes your light shines. It shows on your face, in your body and in your stature because the nobility of the human spirit shines absolutely.

There is a light on the horizon. From it can echo the will of the greater life.

Fear and Ego

Material and Spiritual Progress
Loneliness
Self
Joy of Life

Growth and progress in the physical world reflect your spiritual state within. The way you think and what you do reflects the spiritual values and understanding of life you have. The reverse is also true. How you live affects your spiritual being. Your spiritual light can grow and expand because of the way you think and live your physical life.

Fear and ego are the greatest inhibitors of true growth and true development in any area of life, be it spiritual or physical. Fear and ego are the two sides of the same coin. They are the two ends of the same line. They are the two pans of the scales. No matter from which end of the line you travel you can reach the middle where there is neither ego nor fear. At this centre point there is only a grounded human being seeking to do what he is doing in a balanced way with integrity. This middle position produces all the virtues.

When you seek to begin a venture or when you seek to move through life in a certain manner, achieving balance in a virtuous life is difficult. All around you every facet of human nature is coming towards you. You either reject it through the Law of Repulsion or accept it through the Law of Attraction. Sadly, many are unaware that this is happening every moment of every day as they do not feel this occurring. Most people rely on their feelings so when they do not feel something they do not believe it exists.

Underpinning ego and fear is their companion, loneliness. Loneliness creates fear. Fear of loneliness can cause people to act the way they do.

Look around the world. Look at nature. Nature is your greatest teacher for it is a manifestation of the natural laws of the universe and you live in the universe. Look closely at the plants growing in gardens and natural bush. Those that grow together in groups are doing so according to the natural order of things. They show a ground cover, a middle level and a canopy. They are happy, healthy, rich in color and beautiful to behold.

Plants standing alone in gardens reflect man's idea that standing outside the group shows stature, strength, majesty and difference from all others. Plants or trees growing alone may appear to show these things but this is only because of the space around them. Eyes looking towards them cannot help but notice them. Because they are easily seen does not mean they are more special than others.

Is such a plant or tree happy growing alone? Look at plants and trees growing in this manner. What impression do you get? See if you can pick up the plants' feeling. Look at the areas of nature that are untouched by man. Do you see plants standing alone or is this a manufactured concept in the creation of gardens that is according to man's thinking?

Fear of being alone causes you to create a way of life that draws people to you. Such a life is busy. The focus is not upon how you are living. It is not upon your daily life. It is not upon the joy of living. It is upon achieving a desired result.

When you create a path that gives you a position of leadership you create a path that draws people to you. These people will often be in the weaker position of need. They may need work. They may need protection. They may need security. By placing yourself in this position of worldly strength you can provide these things. Then you are not alone.

A position of leadership causes you to stand slightly apart from others, resulting in the aloneness you sought to avoid. In

this position it can be difficult to find someone you can trust; someone who will tell you the truth. If your position is very high in the world or you are in the public eye you may be the centre of things. The *self* becomes the most important factor in your life and your ego can grow.

Fear motivates you to begin a particular journey. Ego carries you through to its conclusion. Fear and ego are conjoined through their mutual desire never to be alone, never to be dependent and never to be controlled. By desiring these things you put into action the life that will produce them. The person you will become is a person with a foundation of fear and ego which does the controlling.

What is the middle point where there is neither ego nor fear?

How can you find it when you have fear?

Fear can be born in many ways. It can make its appearance at any time in your life. It is based on some weakness within you. It may be physical weakness or emotional weakness that manifests as lack of self-confidence. Fear is based on the premise that you do not believe yourself worthy, that you do not believe in yourself and you do not believe you are capable of achieving anything like others you see around you.

Ego is based on strength. This is not strength of the spirit. It is the strength of the human *self,* which is often called on to promote self-confidence but ego also grows as goals are achieved and acclaim comes your way.

There are many stories of people who rise to a position of wealth and power when their beginnings were very poor. They had no security and little money. These people rise through their fear of poverty and insecurity. They are determined to work hard and achieve a particular goal and they do not allow anything or anyone to get in their way. Through their

determination to achieve the result they have set themselves they seek a position where nobody has power over them. This road places people in their power and once power over even one person is achieved ego is born and it dictates the direction of the journey.

It is very hard to maintain a balance between two worlds when you are living upon Earth. Many people have a vision of spirituality or holiness as being quiet, gentle, eyes cast down and a slow walk with a demeanour of acceptance of all that happens. This is a picture created by the intellect. This is a picture partially based on a foundation of organised religion with people devoting their lives to God in prayer.

Holiness and spirituality surely can be described as an expression of the vibrancy that comes within, from your spirit which gives you life. Your life comes from your spiritual light. Light sparkles, shimmers, moves, radiates, glows and warms. It creates movement. Sometimes the movement is a raging force. Sometimes it is a gentle glow but it is always movement.

A person able to express that spiritual light within moves through the world joyfully and happily while embracing the life of the physical world. Life is energy. It draws others towards itself like a magnet when others are of the same ilk. We describe such a person as someone who has spirit.

How many people do you know like this?

Yes, spiritual people are gentle but within their gentle movement and demeanour there is a quiet bubbling of joy and life that is strength, that is health. The eyes sparkle as the fire of their light moves outwards from within. Its path is through the eyes. The glow from the light within also emanates through their skin and hair.

The spiritual light manifests as an energy that is apparent in a light step and graceful movements, not the staccato

movement and chattering of the nervous. The voice has a quiet, clear strength.

The life of the spirit cannot be used for evil deeds. When the thoughts that precede evil deeds manifest the light of the spirit retreats. The perpetrator relies completely on the energy of the human physical system which is built through physical means and diminishes with the passing years.

All human beings experience the same emotions and the same events to a greater or lesser degree. At some stage in life, either in the early years, the middle years or in the later years before death everyone experiences fear, which can lead to ego.

When fear arrives at your doorstep what do you do?

Fear creates a brick wall that every person on Earth has to climb at some stage. To climb this brick wall takes courage, strength and the desire to do so. When fear presents, acknowledge its existence. Analyse the reasons for its appearance and look within for answers. Its presence may be the reason for seeking spiritual growth.

Discuss with another person the reason for fear and what you can do about it. You do not have to explain what your fears are because they may be personal and you may not be able to speak of them without becoming emotional and creating more fear. Discuss fear itself. Analyse it with another person, for it is not something that can be dealt with alone. When fear is not faced it can destroy life.

Here are some steps to help eradicate fear.

- Acknowledge its existence.
- Realise the reasons for its existence.
- Discuss the nature of fear with another you respect. There is a great need to express these things otherwise

they grow larger when they remain contained within the human being.

- ❖ Look inside and acknowledge your finest attribute. Build on this attribute, whatever it is. Do something positive with it every day.
- ❖ When this attribute becomes stronger find another one, and build on that.

For example:

The strongest attribute you may have because you are shy could be your ability to listen. When you are listening to someone, after the conversation write down or at least think about whether you agreed with what was said, how you felt about the conversation and what you would do if you were in the other person's position.

This takes you one step beyond just absorbing words like a sponge. This encourages you, as your strength grows, to choose what you are going to listen to, not just listen to all conversations with people offloading silliness upon you. This encourages you to learn discretion. Out of fear and out of shyness you can find your strength, which is listening. Through listening you can build discretion. Through discretion you can build an ability to analyse.

Look to your second strong attribute, which may be gardening. Look at why you garden and how. Look at natural gardens and see if you can replicate natural law. It may be a very tiny or a very large area. It may be with pots. It does not matter. Look at the colours you enjoy. Once you achieve the garden you have designed with more thought make a little posy out of what you have grown and share it with another, not someone whose approval or praise you are seeking but someone whose eyes are downcast – maybe a stranger.

The learning from this is that by approaching someone you are uncertain about, whom you feel would enjoy the posy, you are beginning to dismantle the shyness which causes you to be a listener rather than a communicator.

This is an example of how everything you think, feel and do, is entwined.

To simplify:

Your light within is your greatest treasure. It is a lamp that needs to be maintained so it can glow every day. This is done first through prayer and worship, not in words but as a joyful acknowledgment of the existence of a greater being. Secondly your lamp may be maintained with awareness and appreciation of your place in the worlds of life. With a skip in your step feel happy that you are able to spend this day in the world you have been placed in.

You are part of a group of human beings living in the part of the world that you live in. You are living the life you want to live with its joys and its hardships. You are seeking balance in many things but today we are looking at the balance between ego and fear, both of which prevent enjoyment of life and the appreciation of everyone who has it.

Your task today is to find the best within you and help it grow. Let your light shine. Find an aspect within yourself that you would like to develop. Do this with the help of those around you today. Develop it to a smaller or lesser degree. It does not matter.

We are no different, you and I. We are all servants of the Greater Life.

Protection

Life as Light
Nature – Our Teacher
Protection of Self
Law of Attraction and Repulsion

Light moves and can be seen. Sound moves and can be felt as vibration. Sound accompanies light as with the passage of lightning when sound waves move aside. Because you can see light and sound is felt as a vibration, we describe light as the highest safe vibration possible upon Earth.

Your description of vibration and light reflects what you are able to feel and see. What you are able to see is replicated in the rainbow, which is a sign for you of your limitations and your future possibilities. It portrays the spectrum of light you are able to see and associate with. This is your limitation. Within the rainbow is also an extended spectrum of light. This is your future vista. The scientist can show you a grid of the spectrum that includes what is known about light and what the human being can see.

When looking at this grid you realise how little of the spectrum you are able to see. This means you are only able to describe light at this moment of time in a limited way. This infers that your description of vibration is also limited. As a scientist you would be using the conscious mind so any analysis of infinite worlds beyond the Earth would also have limitations.

This rainbow signifies another expression of your limitation. It is a half circle. It portrays the material half of the circle of life you live in. Using the analogy of the rainbow spiritual life is not visible. It is as unseen as are the colours of the extended spectrum. Its only reflection from the invisible to

the visible is the aura of white light that surrounds the spectrum of light you can see.

Knowledge is reflected everywhere in nature. According to the Eastern philosophy of Yin Yang the spiritual is in the physical and the physical is in the spiritual. The light is in the dark and the dark is in the light. The positive is in the negative and the negative is in the positive. Whatever is smaller can grow to be greater. Whatever is greater can become smaller. This philosophy is reflected in the waxing and waning Moon cycle.

As much as your understanding of light and vibration is limited, so also is your understanding of *Protection*. Protection may best be stated as *protection from yourself*. The only person or thing you need protecting from is your physical self and your physical mind.

Life can be portrayed as light and light can be portrayed as life. Life always protects itself. It protects its existence. The light you know of and the light you do not know of are both the light of love which is the light of the greater life. They are therefore the Light of Protection. The amount and quality of protection is according to the amount and quality of the life you have that is expressed as your spiritual light.

For example:

A baby has the light of spirit within that gives it life. Because the baby is immature its expression of its spirit light within is limited for it has no experience or strength. It has to be protected by someone else. This is usually a loving mother to whom, after nine months association in the womb, it responds to and depends upon.

The human spirit comes from a tiny spark or ray of light and it grows and learns through experience. Through experience it is gaining knowledge and knowledge can lead to strength and

wisdom. Because the human spirit is immature, like the baby it needs protection.

This is provided by the love of the greater life that is freely available to all who raise themselves to its vibration of acceptance. This love has the power, the strength, the knowledge and the wisdom to maintain all within its loving embrace.

The human spirit yearns for the embrace of universal love. Its goal is clear as it travels through the many mansions of life where experiences are provided that relate to its level of evolution. Because of this, its travelling companion, the soul, absorbs much. What the soul absorbs has a mind of its own and often demands to be heard. This is so upon Earth. The voice of physical life demands to be heard and most often overrides the voice of the spirit.

As the spirit is unseen upon Earth its approach is unseen. Its voice is unheard. Its presence and its vibration are not felt. Those seeking to acknowledge the existence of spirit, its voice and its vibration are only aware of the quality or quantity of its eminence according to their own quantity and quality of eminence. They only hear, see and sense the spirit with eminence equal to their own. They cannot make a conscious request or decision as to what they will see, hear or experience. They are dependent upon the quantity and quality of their love within.

The intellect of the physical mind cannot decide what is spiritual and what is not for it only relates to the activities of the physical world. For the physical mind to accept any awareness of what is spiritual it will already have handed supremacy over to the spirit within. It will already have abdicated its desires. It will already have bowed to the desire and yearning of the spirit within. It is now allowing itself to be directed by the spirit.

Spiritual growth and spiritual development are the result of learning through experiences. Spiritual growth and spiritual development come about through expansion of love for all life. Spiritual growth and spiritual development come about through understanding humility. The spirit is aware of its true level of growth and understanding.

When the physical mind is not the servant of the spiritual mind it makes decisions as to what it thinks is spiritual and what is not. It may decide what activities are spiritual and what are not. It may decide what the end result of these activities should be. If the result is not what it seeks it blames others. Its thinking is not based in truth.

With this in mind the simple basis of truth is that all spiritual activities seek to express love for life and find a greater understanding of life. At this moment a greater understanding of life is achieved through life upon Earth which should be lived fully and safely.

How can life upon Earth and progression of spiritual awareness be safe?

How can the human being be protected?

Many people say that when they are doing any spiritual activity they ask for the white light of protection to be placed around them. As in superstition, when you place a talisman round your neck for protection you instruct your mind that this will provide the protection you require and you believe that it does. This is a psychology of the physical mind. It is an instruction of the physical mind.

The light of each individual is according to the awareness and progression of the spirit. It is according to what the spirit has learnt in its journeys and travels through the kingdoms of life. In this moment we are concerned about life upon Earth so

we are concerned about the journey of the human spirit upon Earth.

Every thought, every word, every action and every experience creates a step forward in the direction of the source of light or a step back that takes you away from the light. According to that step the light that is your spirit, shimmers, moves, glows and creates around you a field of a certain distance.

This field of light around you is as great or as small as the expression of your spirit within. It is a space that is filled with light that is your light. It is you. It is who you are. It is this light of your spirit that we see. The body is basically invisible to us. We see who you really are. We describe what we see by saying we see the yearning and desire of your heart. In reality we see the light of your spirit that can emanate through the desire of your heart.

Like the plants, human beings grow in groups. The most common group is the family that is either inherited or adopted. When a human being has no family he finds a group of people similar to himself. They band together and form a family. They may be of the same age group. They may have similar thinking and similar interests.

In a family or group, the one group mind is created and everybody adapts to this mind. The family or group finds it difficult when a member does not adapt to the group mind but follows a different view of the world because he thinks differently and has different aspirations.

The light of members of the family who are similar in thinking and have similar ideas and aspirations is of a similar evolutionary state at that time. With progress through life this situation can change. When a member of the group or family is different it is a reflection of the light of his spirit that is different. This isolates him from the others. When he is in the

group there is a space around him. The others sit together. He sits apart and is not easily touched or hugged.

Why is this so?

The light of the spirit within each individual is either attractive or repulsive to another individual. According to an individual's thoughts and actions his light shimmers and radiates outwards, reaching a smaller or greater distance commensurate with his evolvement. It reaches out to others who have similar thoughts and similar actions. By the Law of Attraction all are drawn together, often without realising how. This is how members of a group come together. When one member of the group is different his light cannot make contact with the light of the others. This is the Law of Repulsion and it separates one member from the rest of the group.

Look at the sun in the sky and you will hurt your eyes. Look at a nuclear bomb and you will destroy your eyes. Anything above the highest vibration of light that the human being can accept is destructive to it. The vibration of the human spirit is the highest vibration the human being can accept through the Law of Attraction, which draws toward itself what, is natural to itself. This means that the spirit within draws towards itself the light of the spirit that is equal or of a lesser light in its expansion. Anything greater is repulsed because it is destructive, as in the case of the sun and nuclear bomb.

The sun reaches into every corner and dispels darkness. That is the nature of the sun. That is the nature of light. That is the nature of the light of the spirit. It reaches out and dispels darkness. Darkness is not absorbed. It is non-existent in the light.

When an individual has noble and altruistic aspirations and seeks to follow the will of the greater life without thought of self, without fear, and without ego, he is sending out a

beautiful message of light all over the Earth. His light is reaching out to attach itself to other lights responding to the same call. When you see photographs of moving traffic at night you see a similar effect on a smaller scale.

When a person of good intent who radiates a strong and beautiful light of spirit comes into contact with those of dark thoughts or evil intent he does not see them. He has nothing to say to them. He cannot relate to them. He leaves their presence. When a person of dark thoughts and evil intent comes into contact with those who radiate strong and beautiful spiritual lights he cannot look at them. He is uncomfortable in their presence so he retreats. He leaves.

The protection of a person with good thoughts and love for life is the space around him that his light exhibits. Very few people like to enter that space unless they are in harmony. They will naturally retreat. If they are unable to because of a crowded situation they retreat mentally and emotionally. Eastern philosophy calls this *The Four Walls of Silence*.

We view everything from a spiritual point of view. Our viewpoints are a reflection of the will of the greater life and the natural law of life that is associated with this will. When we look at a soul of light we see a beautiful shimmering light that reaches out according to the force and magnitude of the spirit within. This creates a space around that no one can enter except those of equal intention. You create your own protection through what is in your mind, in your heart and what reflects your spirit within.

Always there are those of darker ways at the edge of your light waiting for you to take a step backwards. This is why you need protection from yourself. Should your thoughts or intentions change from purity to self-interest you are taking a step back. These thoughts create a cord that opens through the space created by your light and allow thoughts of equal

intensity of dark ways from others to enter and attach themselves to you.

When entering into spiritual activities and contacting some realm of spirit, your light will take you to a place of light similar to your own according to the intention of your heart. On the way, should you contact a spirit of dark thoughts and evil intent, he will retreat. The space around you created by your light repels him. It burns him. It is his hell. It is your heaven. It is your protection.

Always be on your guard, my beloved for those of dark ways and evil intent wait at your doorstep for the chance to enter. With your love for the greater life you need never fear for no one can darken your door. Your light is not fooled by magnetic charm and smiling faces or by ways that hide dark and evil intent. When your heart is pure no one of evil intent can hide behind physical beauty or a handsome expression. Their true nature is visible to you and you are instantly aware.

The light of life that is your protection brings you understanding of those who come within your space. When your heart, spirit, mind and body are working together you are aware of the intentions of others. This is part of the disciplines and training of the *Seeker of Truth* who is on the *Path of the Masters* because he wants to follow the way of good intention.

You welcome the disciplines. As the Seeker of Truth you know that nothing of value comes easily. You know that everything is achieved through hard work and effort. Because of this, when there is any success there is great rejoicing from those upon Earth who love you and from everyone in spirit who loves you and cares for your soul and your progress through the kingdoms of life. This is a journey we seek to share with you.

We are no different, you and I. We are all servants of the Greater Life.

Love

Love's Application in Physical Life
Nature of Love
Application of Love

Spirit is the family of the Great Spirit. The human spirit is a branch of this family. Who knows what the Supreme One, the Ineffable whose face cannot be seen, has created? What other families of life are there? Who are we to know? How are we to know? When and why are we to know?

The Great Spirit is comprised of families of spirit. We could say the Great Spirit is a congregation of all that is of spirit life. The human spirit as a family branch is joined irrevocably to all within it. As a family we are part of the Great Spirit. Perhaps you could say that the combination of our parts is the Great Spirit. Whatever affects one part of the family affects every member and so affects the whole.

The universe is a vast expanse. It is a vast ocean that is filled with much life. The spiritual world reaches beyond the vastness you can comprehend. Throughout this vast expanse the family of spirit travels, creates, works and lives. You could describe spirit's existence as a beehive where all have a place and all have a job to do and each of its members contribute to the well-being of the whole.

The family of spirit could also be described as a pulsing heart. Every part that contributes to the heart assists it to beat to full capacity. As the heart beats a sound resonates and light radiates from it. It travels in all directions to reach even the tiniest spark of spiritual life that exists in any world or universe. The pulse of this great heart beats outwards, breathing life into every spark of light that exists. The reverse is also true. Every spark of light that exists because of this heartbeat receives

what it emits and circles back to the centre what it receives, increasing its proportion with what is within. What returns to the centre on its return journey is again increased by others.

Should the heart not beat for each spark of spirit life that spark of life would no longer be for it is attached to its source by rays of the material that makes it what it is. It is not separate.

On the Earth when a new mother gives birth to her child the child is still attached to the mother by an umbilical cord. The umbilical cord is cut. With its first breath, the child has to learn to travel a road of independence and gain a unique and separate strength of its own. There is sorrow in the cord being cut. Because the umbilical cord was cut the child is never quite sure whether its parent still loves and cares for it.

Words of love that are spoken to the child are not always believed because in spite of the words the cord was cut. This is symbolic of a separation that grows with each passing day.

This is not so in worlds of light. It is only so in physical life. Cords of thought connect people to those who are upon or attached to the Earth. Cords of spirit connect all spirit to each other and to the family. Using the analogy of the heart, the cord of spirit connects all to the heart of life.

Life is a circle. There is no beginning and no end in the circle. There is no beginning and there is no end in the circle of life. When you begin your journey, no matter to where you travel and no matter how long you take, you eventually return to your starting point. On your journey you may wear different apparel. You may deviate. You may rest. You may travel at high speed. Eventually the road will lead you back to the point where you began your journey.

Along the way you experience much. You feel much. You gain knowledge. You become wiser. What you bring back with you to your starting point is the purity of your essence

enhanced by all you have learnt that relates to this essence. At that starting point all the dross falls away as irrelevant to the core of spiritual life that runs through the cord attaching all to each other and to the heart of the Great Spirit.

Another name for the life force that pulsates out from the heart to every spark of life is love.

We are seeking to open a door. Through this door is a world of great light and great beauty. If we give you a glimpse of this light and this beauty you will want to go through the door and experience all that is on the other side for yourself. We can say that on the other side is a very great understanding of love but before you can understand love on the other side of the door you need an explanation for love that relates to life upon Earth and all people upon Earth.

When you understand the meaning of love you can understand the meaning of life. The gift of love is the gift of life. Light, love and life are three aspects of the one. They are the trinity. They are the three points, which joined together, form a triangle. When the three points of the triangle are connected they form a perfect circle.

As with all teachings, love can be considered from two points of view. It can be viewed as a philosophy that relates to life upon Earth and it can be viewed as a philosophy that relates to the life of the spirit no matter where it lives.

What causes each spark of spiritual life to remain attached and not cut the cord?

Every spark of spirit receives this love that is his life. What the spirit does with this life and love is its concern. Life is pure. It is purely life without experience. It is without ideas, without prejudice and without personality. It is simply a pure stream of light. It is its purity that expands its capacity through experience and returns to the centre of the heart.

To maintain the purity of life the dross falls away. When the dross falls away pure light, pure love and the speed of re-joining and strengthening the cord that attaches one to the other is what remains. As this speed of attachment increases the life force that is love reaches out through the cords of attachment to those it is possible to reach.

Love is a natural exuberance. It is an outward expression of the purity of intention to return to the source of its birth. Love is expansive and it incorporates all who have the pure light of life within. It is not contained. It is not hoarded. It is naturally spread like fertiliser on a field of seed. It flows freely backwards and forwards between all who have life. It encourages all to grow and return together to the source of life.

Love is not an emotion. It is not a thought. It just is. It expresses itself as joy, as happiness, as strength and as purity. It expresses itself as patience. It is capable of waiting and being an understanding support when another puts himself through difficult processes in living that are inspired by self-desire or self-thought. Love patiently waits. When the one who is having a difficult time comes to waiting love he receives a smile from the heart. Love requires no words of reprimand, no advice and no judgement.

With love there is no *me*. There is no *self*. There is no description. Love emits a caring about what happens to those who enter the space around each person. It has the desire to draw them in and travel with them on the return journey. Love is transmitted through the cord of spirit. It is the light of spirit reaching into the space where it quietly waits to reach into the heart of those who are able to enter that space and connect with it.

Everyone on Earth is made in the same way. Everyone has the same job to do. This job is to allow those who are able to enter their space to feel the light of the spirit which emits love

for the greater life. Those who feel this love are strengthened and resolved to continue their spiritual journey.

When those who have love in their hearts enter the space of others, they are renewed through the love within it. In return they allow others to enter their space and so renew them with love from within. Love is a quiet support. It is a quiet understanding that strengthens others to continue the journey they choose.

Who knows what is ahead?

As the human spiritual family we journey through the worlds of life. We only know our branch of the spiritual family that is travelling through many worlds and many experiences of life so it may conjoin with the greater spiritual family.

We hover between the two worlds, the greater spiritual world and the physical world but we are attached to both. Our common goal and our common love bonds us forever. Within our spiritual family we come together with various members to experience and progress towards a more purified love that draws us closer to the heart of life.

It does not matter the nature of the relationship between any whom we love closely or personally at any time for love transcends every relationship. A truly close bond of love gives all. It cares. It asks for nothing and is unaffected by any changing nature of the relationship. It brings completeness within the presence of the beloved with whom it can freely express all that it is. It rejoices because it is in the presence of the beloved.

When you seek to love upon Earth do so by living love fully. This happens when you begin from the premise of spiritual philosophy, which radiates down to physical life. The first principle is love for the will of the greater life. This is not an emotion or thought. It is a yearning from the heart to live life

fully upon Earth. By living the qualities of love you know love. You are expressing love. From this premise the spiritual light within you expands and grows, increasing the space around you as it becomes filled with more love.

Should you meet someone on Earth who can relate to the space around you, to your spiritual light and the love you are expressing through the way you live, he or she is on the same level of understanding as yourself. When two people respond to each other in this way, their love comes from their spiritual natures that radiate through everything that makes up who they are.

Relate this love to physical life and the light within that is seen as beauty in the eyes of the beholder becomes physical beauty. To the beholder the beloved radiates light and love. When the beholder steps inside the space around the beloved he is immediately filled with that presence. He wants to get closer even though the touch is electrical. Light has an electrical part to its nature.

The expression of the eyes mirrors the heart. It is kind and gentle. Its understanding is all encompassing. It can see no wrong in the beloved. It only wants to make the journey through life easier for the beloved. It does so with the guidance of true teaching but it does not adopt the beloved's journey.

Is this what you see upon Earth?

A definition of love upon Earth is more often an expectation of a desire and a want of the individual to be fulfilled by another. What is often wanted is not to give to the other but to have the other provide, prevent loneliness and give pleasure, the greatest of which is the reproduction of the self. In return the individual gives to the other what he knows is desired. It is an unspoken contract.

When there is little or no understanding about the source of love there is confusion about what love is. Human beings live within the magnetic field of Earth which is very powerful. Often they respond to this magnetic vibration of the Earth and relate to each other on a physical level. Magnetic attraction is a powerful force that as a positive and negative force can draw people together through the Law of Attraction. They call it love.

This magnetic attraction of the physical human being is designed for mating. It is designed to bring new life into the world so the attraction is seasonal. Because it is designed to bring new life into the Earth it is a pleasurable sensation. Like everything upon the finite world of Earth, things change constantly then come to an end. Those unable to move with the changes as the wheel turns find they no longer have anything in common with each other. After the season of its duration there is nothing left.

There is a great difference between love on a physical level and love on a spiritual level. Love on a spiritual level is based on a spiritual understanding. It is all encompassing for it includes both the spiritual and physical life. In this situation a physical relationship becomes an extension of the spiritual relationship. We do not speak of the soul at this stage. We speak of the spirit but the soul does bring something else.

People seek companionship and caring from another person because they do not want to be alone and face the dark hour. Should they find true guidance with true understanding they would be shown how to face the dark hour so they can look deep into their souls and discover why they need what they need and what it is they are retreating from. The need for companionship and caring can mask these issues.

Love upon Earth is a replication of what takes place in spiritual worlds. The sharing of the life force within creates happiness as a result of giving from the heart without

expecting anything in return. There is great joy in the giving. Because there is an acknowledgement that it is the life force of the Great Spirit there is never any depletion. Because it is the light and love of the greater life whatever is given and shared is replaced by others in the human spiritual family who are interconnected.

Spiritual love seeks only to give. When spiritual love finds its mate upon Earth, even on a physical level it only wants to give. Should the beloved have the same integrity and pure intention both become recipients of love because both share everything that has been shared with them. In the sharing their hearts expand. Their minds are filled with gloriousness and their view of everyone is of infinite capabilities. There is a joyous world open to those who love.

Should the beloved not be found upon Earth all may still be fulfilled for the hearts of all can expand the love within.

We gather round to greet the beloved as soon as the vibrancy of love and light extend to our abode. With joy we add to what comes our way and all is returned fourfold to the beloved sender. The stairway to heaven is built through unselfishness and an expansive spreading of all that has been given to all who are capable of receiving.

Our wish is that all who live upon Earth come to an understanding of love so their lives are not focused only upon the treasures of the Earth that always involves constant thinking, planning and self-serving.

The way of love is a better way. When living its way there is a resignation that hard work and effort is natural to all and none need be dependent on another. The way of love offers an independent spirit to another so the life can be joyously shared as the beloved progress towards another doorway. We stand

on the other side of this doorway waiting to greet the beloved as they pass through.

May the light in love radiate more strongly through you, the recipients for you are conduits for all who live upon Earth.

We are no different, you and I. We are all servants of the Great Spirit as we seek to spread the love of life that is activity and work, to all who come within our reach.

Purity

Nature of Purity
Foundation of Life
Pure Intention
Hope

What is Purity?

Purity is the state of a material that is unadulterated, not mixed with anything else. It is the state of innocence and completion. Look around the world. Look at the people you come into contact with. Listen to what they say. Watch what they do.

Ask yourself,
Is this truth I am seeing on their faces?
Is this truth I am hearing in their words?
Is this truth I am observing in their actions?

Many people pay lip service to pure intention. Their personalities are strong. They exude warmth and caring. They show themselves to be like a shining star. Within their presence how do you feel? When you go home, sit quietly in the half-light in the evening and ponder upon what you have seen and heard. How do you feel? When you go to bed, before you drift into that beautiful place that hovers between two worlds ponder and reflect upon what you have seen and heard in your day. How do you feel?

When you live upon Earth you carve a direction and a path for yourself with the yearning and desire in your heart. This is relayed to your mind as intention. The nature of your intention can be according to the amount of pure essence that lies in its foundation. Is your intention to portray yourself as a shining star and place others in your shadow or is it your intention to

portray the purity of your light through thoughtful words and deeds?

Life is to be lived fully upon Earth. It is a magnificent opportunity to choose and create whatever life your intention directs you to.

What is the foundation for this life?

It may be said that the foundation is health. The argument is that there are many people with difficult health problems they have inherited and they are able to build productive lives filled with good intention.

It may be said that the foundation depends upon where you are born and the opportunities available to you. The argument is that there are many people who have risen above difficult birth situations with limited opportunities for progress in the world. They have changed their environment and created lives completely different from their beginnings.

It may be said that the foundation can be built upon money and possessions. The argument is that money and possessions help but can be lost as easily as they can be gained. There are many who have spent all their lives accumulating money and possessions only to lose them in the latter part of their lives when they are most important.

It may be said that the foundation can be built upon people, friends and acquaintances. The argument is that when you look back on the life you have already lived you see that it has been filled with various people and friends who have moved in new directions.

You may ask yourself,

Have these people contributed to the deep meaning of my life or have they played a part?

Will my life continue in the way I want it when they leave my presence?

Should this be so, they are not a foundation. They are a joyous enhancement.

What then is the foundation of your life?

The only true answer can be you. You are the foundation of your life. The difficulty is that you are a complex person. You have a soul. You have a spirit. You have emotions. You have a brain. You have various minds that speak for the different aspects of yourself. All these complexities make up who you are upon Earth, but only upon Earth. Some aspects of these complexities belong to the Earth and others belong to other worlds and will continue with you when you leave. Should you build your life upon the foundation of yourself how much of your life upon Earth do you allocate to these various complexities that make up you, the human being?

Let us look at these components one by one.

Your spirit gives life to your body. When your spirit leaves the body it dies. Your spirit, that animates every part of your being, is the best foundation you can build your life upon because it is what gives you life upon Earth. Your spirit is so deep within you it is hard to find and hard to recognise. It takes a lot of courage and effort to find its worth and allow it to be the commander of your life.

How can it be that the great animator of who you are is so difficult to find within you?

Your spirit reaches every cell in your body, animating it and giving it life. It travels the corridors of your mind. It radiates throughout the body and beyond as far as is possible. It is joyous and creative in its life. It is the best of everything within

you. Your task in building a foundation on purity is to discover this spirit and allow it to reach its full potential.

The second aspect of the human being, deeply influenced by the spirit, is the soul. The soul is your briefcase that you carry with you wherever you go. It is able to meld with all worlds and all places your spirit seeks to travel through. It is able to don the apparel that gains you entry to the world of your choice and enables you to settle. It is as a huge computer with an enormous memory bank of experiences and knowledge accumulated over vast periods of time.

The soul is powerful and it communicates with the spirit, its commander. The soul has gained both good and bad experiences and influences. It has to analyse everything with the spirit so together they can make choices of what is necessary for future growth. They can work together to find ways for the dross to be discarded.

The soul enables the spirit to be placed where it needs to be to provide whatever experiences, understanding and comprehension it needs to expand its light and influence in all worlds. The soul can become purified. It can be pure. Should understanding, knowledge and experiences lead to wisdom the voice of the soul will be a stronger voice for good. Should the path the soul travels be degenerate its voice will have a stronger leaning towards the darker side of life.

The third aspect of the human being is the physical body that has its own mind. It has its own experiences and it seeks to command the soul. The physical mind is a naughty child. Because the physical mind belongs to Earthly life it has the strongest voice. Does it wish to listen to the soul? Does it wish to hear the promptings of the spirit?

This all depends on the strength of communication between the spirit and the soul for they have to override the addictive nature of physical life. This is a constant struggle.

The human being seeks to build and create a life that is good for it. It sees itself as important. In its eyes it must come first. The spirit and soul have an awareness of life beyond physical life. They seek to balance everything out for they understand personal responsibility and they understand the varied directions of travel. Wherever possible, they prompt the physical mind to weigh things up carefully before making decisions, before saying something and before taking action. Every human being has to deal with these complex situations.

How can you recognise purity and pure intention?

The first step is to look within and discover which is strongest. Is it the physical intention, the intention of the soul or the intention of the spirit? This is not a question that is easily faced or easily answered. Looking at yourself you may say the spirit rules and yet your actions in the name of the spirit are solely for your physical advancement in some way.

Everything is easily masked. This is what personality does. It allows you to be what you want to be. It allows you to construct the person you want to portray to the rest of the world. What you portray may be different in different situations or it may be the same in all. Either way personality can mask your pure essence. It can mask your true intention. It can allow you to present yourself in the way you wish to the world. You may even come to believe what your personality portrays if you have used it in this way for a long time.

Be wary of personality for it can show and tell what you want it to show and tell.

If all these concerns are personal how can you correctly read another person?

In most situations whatever rung of the ladder of life you are on you are able to read the truth of people and situations on the same rung of the ladder as yourself or below. You are not able to understand and may not even recognise and see what is within a person on the rungs above you. This is where discernment is opposite to opinions and judgement.

Discernment is gained through experience. When you learn from what you experience you are able to discern similar situations in other people on the same rung or on the rungs below you on the ladder. You make a judgement about all those on the rungs above you because you cannot see or understand what is within them. Because it is not within yourself you are unable to recognise it in others. You see what you want to see. This is why when you describe someone or something you are describing yourself.

The choice between discernment and judgements depends upon your experience. It depends upon how much of your spirit can shine through. It depends upon what aspects of your accumulated knowledge and experiences you allow your soul to project. It depends upon the strength you give to each situation you find yourself in.

Discipline and effort help bond the interpenetrating aspects that make up the complex human being. The physical mind can analyse the various aspects. Should you never lie to yourself you will always know which aspect of your human nature you are working with.

Much that belongs to earth life and its personality is ascribed to spirit. You often hear the words, someone is ‘so spiritual’. That is a judgement made by the physical mind, for who are any of us to analyse who is spiritual and who is not.

That is for the individual to know. That it is for the Great Spirit to know.

When you look within that is where you find pure intention. Should your intention reflect the spirit, it will emanate as a quiet happiness that permeates the good times and the bad times. Spiritual intention does not seek *development*. It does not seek special gifts and abilities. The spirit shines with its natural abilities through the purity of intention. It shines according to the influence it has on the intention of the heart.

When the physical mind and the personality flourish you say what you know others want to hear. You find the information you need and disseminate it. You place yourself in situations that are good to you. In the dark hours of the night you know that these are conscious decisions you are making. They are not good and they are not bad. They are conscious decisions as to how you are going to create and live your life. You make them according to how informed you are.

With purity of intention, making your own decisions fills you with excitement. Your pure heart wants to laugh and sing. Because you understand fear and ego you face Pandora's open box without fear. It holds no ghosts for you because you welcome Hope.

Pandora's Box has been opened and all the evils that can exist in the world have been released, but at the time of their enclosure Hope entered the box with them. Upon its opening, along with all the evils Hope was released into the world.

She teaches that everything upon Earth can be transposed from evil into good. No matter the patterns of behaviour everything is possible for she has already scattered the seeds of creativity and beauty all over the Earth. You have been given Hope to guide you to pick up one or more of these seeds so you can water them and, through effort and work, expand their potential into something great, magnificence and beautiful.

These seeds are the future of the world. They are the potential for the growth of all that is good in men and women upon Earth. In these times of materialism many of these seeds lie buried but with your desire to unearth them you can. Hope will show you how. You can look at all aspects that make up the complex human being and discover your purity of intention that can lead you down a road unlike anything you have travelled before.

It is not easy. It may be going against the tide of human life. It may isolate you slightly but it will bring about a completion. When you have purity of intention it allows you to recognise it in others. This makes you safe because nobody can lie to you for you do not lie to yourself. The qualities in those around you enhance a joyous silence.

Purity is always a joy to behold. When you look at flowers growing in the garden they are growing according to their essential nature. They lift their faces to the sun. They open their hearts and they bring joy and happiness to all who view them. When you look at someone in a relaxed state, doing what they love to do, their faces are peaceful. Their minds are peaceful and they exude an air of joy that is contagious.

Some people you pass on the street you do not see. Some people you want to stop and talk to. Others smile at each other and make a small contact. There is a variety of contact between people and it is dependent upon how much of their purity and joy of life emanates from them.

When your heart beats for its greatest purity of intention possible you are able to recognise the same intention in others.

We are no different, you and I. We are all servants of life seeking to enhance the lives of others so they may discover joy from purity within.

Simplicity

Finite Applications
Simplicity of Linear Thoughts
Complexity of Inspiration
Simple Way of Life

Everything about life is simple. Everything you say, think and do is simple.

Why is this so?

It is so because the world is finite. You are finite. Your thinking is finite.

What does this mean: finite?

It means there are boundaries. It means thinking and actions are linear. Because they are linear, as in a timeline, they are simple. Each thought comes one at a time. Each thought follows a previous thought and comes before a subsequent thought. Each action is singular. Each action follows a previous action and comes before a subsequent action. Because things are done one by one and one at a time, life is simple. There is nothing complex about linear thinking and linear action.

Look towards the sky and watch the birds fly. As they fly observe the complexity of their actions to maintain life beyond gravity.

Look at yourself. Look at your feet. You stand upon the earth in a linear stance, toe towards head. Your foundation is in your heels. They anchor you to the earth. Your body is as strong as the heels that can support it. The heaviest part of your body is your head. It sits on a central axis at the highest point so its weight is distributed down the length of the trunk to rest on the heels that anchor you to the earth.

Your brain and your mind are situated in this highest point. The highest point of who you are is the closest to the sky. It is closest to the heavens, the place where you look upwards beyond the horizon when you ponder and wonder at what lies beyond. Your eyes gaze upward towards the sun and its light for that is what maintains your physical life.

Your thoughts travel upwards when they are light, reaching like the sun beyond the horizon of the Earth. When your thoughts relate to physical life they cause you to look downwards towards the Earth they relate to.

Thoughts belonging to the Earth are heavier. They cause you to look downwards. Thoughts relating to worlds beyond the Earth are lighter. They cause you look upwards.

Your voice does not travel downward to the Earth. It travels upwards through the airways like a musical note riding the wind to reach an ultimate destination. Projection of the voice is a sign of strength. By drawing on your inner strength from deep inside on the in-drawing breath you expel your words when you exhale. Projection is not shouting. It is using the voice to send the words to their ultimate possible destination. Projection of the voice is a science used in the construction of buildings mirroring the echoing chambers of natural mountains and canyons.

The simplicity of Earth life needs to be acknowledged because simplicity is difficult to master. It seems easy but it is not. How often have you felt your thoughts to be jumbled as they jump from one subject to another without any relevance and certainly not of your desire? How often have you found yourself rushing from one place to another and when you arrive at your destination you do not know why you are there or what you want to achieve while you are there.

Simplicity is clarity. The opposite of simplicity is complexity.

In the world complexity is revered as being part of intelligence and is worshipped as a god. Being able to deal with many complexities in life is viewed as a treasured ability by those who admire this trait. Although revered the intelligence of the physical mind is only the second in command. The spirit is the commander.

Where do these complexities come from?

They are manufactured. Complexities maintain busyness which is the lieutenant serving the second in command.

What is the result of living a life of busyness and complexity when you constantly need to portray your intelligence?

Look at the faces of those who lead such lives. There is no peace and tranquillity visible. Often there are many lines. Is this the life that brings fulfilment, peace and a modicum of happiness?

Look at the other side of the coin to the simple life. The person who lives with complexities is the hare that rushes ahead yet loses the race. The simple person is the tortoise who slowly and surely arrives at its destination and lives a long life afterwards. The journey does not tire him. He does not need to rest like the hare.

Natural law is simple. It asks the human being to live simply. Thinking with the physical mind is useful when planning but efficient planning first uses the spiritual mind for inspiration. Inspiration is light and it travels the airways of which there are many that are all able to converge to one point at the same time. This is how inspiration comes. It travels through many airways and all arrive at some point in your mind at the same time.

Inspiration brings a complex picture from a more complex world. From a physical perspective inspiration is unscrambled in the mind in less than a second. It is changed from a complex picture to simple linear thoughts, words and pictures. These can then be projected as voice, music or any of the arts that are available to the human being.

A simple way of living is natural to the human being. When he does it well it promotes beauty, tranquillity and acceptance of a way of life that enhances all that is good within the human being.

What is a simple way of life?

A simple way of life knows what has to be achieved, efficiently plans what has to be achieved and then achieves it. It does not place strictures of time and effort upon the task to be achieved. It does the task according to the availability of time, energy and ability. Because of commitment to a well-done task the process is enjoyable. It is not seen as work but as industry for it knows that an industrious nature produces a fulfilled person. Through free will and the ability to make choices, the area of industry is chosen from interest and a desire to achieve in this area.

There are many tasks to be inaugurated. One by one they are brought to conclusion. When the industrious worker is tired he ensures some change is available to take the tired feeling away. Should he be physically working he alternates this work with mental or creative tasks that place no physical demands upon his body. Should his industry require a lot of mental effort and emotional commitment, leisure tasks are balanced with physical activity that allows him to forget for a time what he has been doing during his working hours.

The pyramid is frequently used in philosophy because it portrays a structure that is the result of a complex philosophy applied simply, so is natural to the human being and his life.

The foundations of the pyramid, because of its design, are solid and do not shift. The analogy for the human being is to construct a life on a solid foundation and that is the person himself.

By understanding the strengths and weaknesses of the body, the strengths and weaknesses of the mind and the strengths and weaknesses of the emotions, a life that suits can be constructed. It is better to plan and build a life than rush from one activity to another without any sense of direction. When life is planned in a very wide sense of the word there is time to look around and see new opportunities when they arise suddenly and unexpectedly; opportunities unplanned for but welcomed. The pace of life is slow enough for the eyes to see and the ears to hear.

Your life has been intricately planned to interweave with the lives of others. Should you be rushing and lurching from one activity to another at high speed you will not see or hear the small things that can lead you to a place or person who may be good for you.

People come into your life and they leave. They are not possessions to hold onto. They bring experiences and ideas that can mould your mind and your character, which may cause you to go down a different avenue of thinking or doing. As people come and go according to the turning of the wheel in life they should be welcomed then happily waved on their journey when they depart.

Small things in life bring larger events to you but if that small step is not taken the opportunity of moving into a large event is lost.

Welcome being simple. Welcome being linear in your thoughts and actions. Welcome the nature of being human. Simplicity is not trying to be more than what you are. It is not trying to be special so you may stand higher than everyone else with a bigger head. The bigger head is the big ego and has so much room in it that thoughts rush through before they can be used or learnt from. There is no need for either.

Take the slower pace and you achieve more. Take the slower pace and you enjoy being industrious in your work and in your leisure. Take the slower pace and you see more. You certainly hear more from the spiritual worlds of the greater beyond. We come when your mind is quiet. We come when you invite us. How can you invite us when you are rushing headlong into a ravine?

We come to every human being upon Earth. We come to those who have ever lived upon Earth, who are living upon Earth and who will live upon Earth. This makes every human being upon the Earth equal in our eyes and they should be equal in your eyes.

Every human being has a heart that seeks to beat for hope, that seeks to beat for belief in self and seeks to beat for a greater life that is more complex than the simple life lived upon Earth.

Welcome simplicity. Enjoy simplicity. We will send you the people you need and the events you need. All you have to do is walk towards us with your eyes open and your ears alert, waiting to hear our voices that encourage you to have the confidence to take another step in what may be the beginning of a new and unknown adventure that leads to who knows where.

We ask that the love and sharing between two worlds continue, for not everyone upon the world of Earth seeks our presence or seeks to know of the greater life.

Attitude to Earthly Days

Childhood with the Earth
Goals and Work
Opportunities
Joy of Activity
Service

The world is individual to each person. The path of life is initiated with hereditary factors then forged by environmental circumstances that present opportunities. There are many influences for all people.

Should children be fortunate enough to be born into a place and a time where they are able to get in touch with the Earth, play amongst her fields and woods, learn about what grows, lives and roams upon her their education has a solid foundation. Following this education from life with the Earth is intellectual stimulation, a process that sometimes leads to control.

Should the time spent with the Earth have been prolific, control by others is not so easily ensured. Those who are not born to have time with the Earth have a harder time finding their own path without being influenced by the controlling ways of others.

Life upon Earth is not a life of balance although many people talk about finding balance. The Earth is a place for activity and each decade is a time for different activities.

Children are very active. They want to move all the time. They want to play and tumble upon the ground. They want to be in touch with the Earth. This is their grounding. This is their nurturing. This is the time where within them they develop a sense of belonging to the Earth, which they express as joy and laughter. When listening to children play there is always laughter.

The young adult has to leave behind the life of a child because he has to make his way in the world. This is a time to plan and begin to work for Earthly goals. He has to secure a way to earn a living so at some stage he can support a family when he is ready. He plans a future around a wife or husband and possibly children. He is building his future activities and expending his energy not only for self but also for others.

This is a time that sows seeds of unselfishness but the young adult has to secure a foundation of life for himself first. It is a time to work hard and he slowly builds his activities until he peaks in early middle age. After middle age he slowly adjusts his activities so they are appropriate to the energy and capability of his body in that age.

The time of the young adult is the beginning of a nurturing time, for it is a natural spiritual desire to help other people and encourage them to realise their destiny. This is what family life is. Family life also seeks to fulfil a natural spiritual concept of a belief in the continuation of life. These spiritual philosophies are reflected in Earth life. You continue who you are through the next generation you produce.

Earth life, lived as it should, is according to natural law. It follows the same laws that spirit follows everywhere. You find fulfilment in the continuation of life when a new baby is born and you begin a family. The continuation of life brings joy and happiness when you have the confidence to nurture and care for a new life.

The working life also follows the natural law of the spirit, which is to be active and contribute in some way to the lives of others. It is important to find work that increases your belief in yourself and your hope for the future. Work fulfils.

In these two great concepts about life – firstly, the continuation of life and, secondly, productive activity that supports your life – there are always opportunities presented

to each individual. The opportunities are drawn towards you by what is in your heart. When you have not developed self-confidence you can miss an opportunity when it comes because no one is supporting you and you have little belief in yourself.

When you encourage others to recognise opportunities in their lives you are providing a very great service upon Earth. To encourage others to build their self-confidence so they may recognise their own opportunities is a noble service. To encourage others to make choices based on information or based on an assurance from within their hearts that they would like to take a chance, is a noble service.

Opportunities present in subtle ways. Sometimes they are recognised through hearing a sentence someone speaks or by noticing an action someone is taking even when these people are strangers. What you hear or see can trigger something in your mind, giving expression to some deep-seated sense of purpose you are not yet clear about. They can stimulate what is already within your heart.

These little signals are the beginning. Once you are aware of them further signals follow. Recognising these signals gives you the courage to either communicate to another person about the matter concerned or take further small steps to find information about possible outcomes of full involvement.

The people you need are presented to you as opportunities. Many of these opportunities are small. They cause you to take one or two steps down another road or around a corner. By proving yourself capable, you may take a greater step, or if you prove yourself to someone else they may give you a greater opportunity. Either way it is your activity that produces opportunities, which produce results.

Life is full of uncertainties because each step of the way does not clarify the end result. As a human being you only

know one step at a time. You may plan well and think you know where the road is going but other events can intervene to cause a complete change of direction. There are no certainties.

What then should be the attitude to Earthly days?

The attitude to Earthly days is best described as joy of activity. Should you be inactive the body suffers. The circulation slows down. The brain becomes sluggish. It is very likely you will become overweight and there is little joy. Life is designed for activity. It produces a change of physical direction and a change of spiritual direction. Activity focused on service for others can cause a 180° turn so you may directly face the opening of a path that can take you home spiritually speaking.

Service for others is a vague term. First of all it means 'serve yourself'. Work hard to develop yourself and your life. Do what you wish but do it without hurting others. Should your goals be achieved without causing pain or suffering to another person a result of this will be an opportunity presented to you that enables you to spend some part of your life producing a good result for others.

When you are ready for the type of activity that serves others you fulfil yourself. By serving yourself in the beginning you are serving a greater cause because you are producing an active and full life that is not based on selfishness. You are living as you are meant to. By serving others you are serving a greater cause which is an attitude of worship. Through your activity you are worshipping the source of your life. This is an expression of gratitude for the life you have been given.

The key attitude to Earthly days is activity. The choice of activity is individually made according to the desire of each heart.

Opportunities that present themselves during life can point you towards the activity you are best suited to because it is what you planned to do before you came to Earth. They are presented for you to achieve your individual destiny through activity. They are presented so you may achieve what can help yourself and others.

There is no balance upon Earth. Some people have difficult lives and some have seemingly easy lives. Some people are protected and nurtured throughout their lives and some live daily with violence and dark actions.

No matter what each life is like the law is the same for all. Rise to the greatest of your ability in whatever life you have. Take what opportunities are presented to you without fear. Serve others in some capacity even if it is only by encouraging them with a gentle smile.

Joy of life is a wonderful quality to be nurtured. It increases joy in those who come into contact with it. It is contagious. It encourages the formation of friendships which reflect the brotherhood and sisterhood of men and women. Joy of life that radiates from your heart encourages people you come into contact with to seek knowingly or unknowingly to live their lives with some degree of joy. Everyone wants to experience joy.

There is no right or wrong attitude to Earthly days. The attitude to Earthly days is an acceptance of personal responsibility to live the life you have to the full, because it provides opportunities for you to find and take as it opens before you. Even if you have not been supported and encouraged to have self-confidence you can find someone or some way to help you find it.

By finding self-confidence you develop courage. When you have courage you take opportunities. When you take opportunities you have purpose. When you have purpose you

can achieve your destiny. When you achieve your destiny you are not afraid to leave the Earth because you are leaving a legacy of love that others who follow you can respond to. You are also showing the path of hope. You are showing that there is always hope for a future no matter what the beginning of life is like.

Pursuit of Happiness

Activity / Busyness
Join with the World
Giving

There is great busyness in Earth life, especially in cities. Activity is the law of the Earth but there is confusion between activity and busyness. Activity is constructive and productive because it has purpose. It has goals. It has a plan. It has a beginning and an end. Busyness is a description of someone who always has to be doing something, can never be still and never be quiet. Ask yourself what such busyness hides.

Many people have a plan for their lives. They put their plan into action and sometimes bring it to completion. Imagine their disappointment when upon completion everything that they worked for to bring happiness to themselves or others does not deliver. All the activity and planning does not bring the expected outcome.

This is seen in children but not always noticed by adults. Children plan a game. They have great fun and get on very well setting up their game. Their activity may take hours. Finally the game is set up and they are ready to begin. They fight. They argue. They do not want to play the game. Their enjoyment was in their purposeful activity of bringing their plan to completion.

At some stage in their lives adults become disillusioned with their endeavours, their planning and the way they are living. When they were young they believed that their endeavours would bring satisfaction and they would find happiness and fulfilment. As the years have gone by the completion of their activities and goals have not brought fulfilment and happiness has eluded them. They look around the world and can find no answers. They then look within because they have heard many times:

Look within and find peace.
Look within and find happiness.
Look within and find purpose.

They try to do as they have been advised but what do they find when they look within? They find a busy mind. They are taught to sit quietly and meditate, but because they are quiet and inactive their minds are busy. Their minds are so busy they cannot find any peace within.

When the body is active or busy the mind becomes still. When the body is still the mind becomes active or busy because in the quiet and still moments the mind takes over.

They are taught to look for a spirit contact within and receive a message. They are asked what they have seen. Their minds are so busy they see or hear many things but everything is disjointed and without purpose. This result does not bring happiness and fulfilment.

What is to be done?

The busy life in the world has not brought happiness. Quiet meditation has not brought happiness. What then can bring happiness?

I would like to walk you through a way to find happiness in the life you already have.

When there is purpose and a plan producing activity, a result is achieved through constant effort and hard work.

A law of the Earth is *activity*. All people upon Earth are meant to be active so the pursuit of happiness must be active. It takes constant effort and hard work to bring about the desired result.

Be active in the world and your mind will quieten and become still. This is the first step in the pursuit of happiness.

Let us return to the lives of children. In their early years they associate closely with the Earth. They find joy in everything that lives, breathes, walks and crawls upon the Earth. They enjoy life. They show their enjoyment and appreciation of life with laughter which is an expression of inner happiness. Children do not have a specific goal in mind. They just like to be active throughout their day. They want to roam their world in whatever environment their life permits.

As adults you can be like children. Look at the world outside and find life everywhere you go. Become observant of everything that is around you. Find happiness in the way life is exhibited. By looking outwards you are not focusing on self. When you are looking within, you are focusing on self which is a physical mind activity that never brings more than a passing feeling of happiness.

Really look at this beautiful world you have been born to. Notice everything in it. Look at the colours of nature. Notice everything, regardless of whether you are in the countryside with its clean, fresh air or in a busy, polluted city. Your world may not be ideal but as you walk through it look at all life: plant, mineral and animal. Appreciate all that you see. Discover the length of the life of all that you see. Some life forms have a short life span and others have years to fill with activity. You will notice that regardless of length of life or size, all are always active.

Look at the expressions on people's faces. Listen to their voices – the timbre, the depth, the pitch. The voice can tell you a lot about people. It can tell you whether they are happy, lonely, frustrated or disillusioned. Watch the way people walk. Their walk can mirror a light heart or a mind or body filled with pain.

Loneliness plays a big part in the life of the modern world and is feared by many. It inhibits the arrival of happiness.

When you look out to the world you do not feel lonely. When you become observant of all life that is around even as an observer you become involved with everything and everyone you see.

Because of your kindly involvement that asks nothing people respond to the space around you. They are responding to your aura, which includes the extension of your spirit. They are warmed by what radiates from you and a healing takes place within them. Without realising it, they feel better for having come close to you. You feel better because you have given of the love within you that is part of the life you have been given by the greater life. You have passed this on to another and this act of kindness brings you happiness. By giving to others what you have received all and more is returned to you from the beautiful spirit world for there is a space in your space that can be filled.

You are not making a conscious decision to do this. You are doing everything naturally. As you walk through the world you are looking outwards and appreciating the life you had been given and the life you can see around you. You realise your life could have been worse or it could have been better. You realise that it is what it is: the result of your thinking and actions long ago.

Because you are looking outwards and your body is active as you walk through your world your mind is quiet. You are not thinking of yourself. You are reaching out to all that is around. You are promoting growth, peace and a response to the gentle eyes and the lovely smile that your face portrays.

When you are ready you will find you wish to sit quietly because you have been active in the world; making plants grow, watching people do what they love to do – working, playing, reading, dancing, anything of your choice. Because your body is happy to rest after activity you are able to sit and

ponder on your day, not upon yourself and what you have been doing, but on the life you have joined with in the world around you.

As you sit quietly your mind becomes active again in a reflective way. Because you are not looking inside for *self* you can now have a conversation with those you love in spirit. Through your thoughts tell them what you have seen. Tell them what you have learnt. Ask them what you could have done better. Ask for their advice for the next day on how you can improve. Sit quietly for a moment and reflect on the colours of the world that you have seen. Maybe you can see a reflection of these colours in your mind. Maybe you can get some answers to your questions from spirit.

Your communication with spirit has a purpose. You are seeking to promote your growth so that through your growth you can extend to others what you are given. There is no thought of receiving anything in return. Should you have such thoughts, start again, for you are not ready to sit quietly. Become more active in life before once again you sit quietly and discuss your day with your spirit friends. They will always listen. They love to talk to you for they love you. They want you to find inner happiness and there is no other place you can find it.

Happiness is not something someone can give you. It is something you draw into yourself to replace what you give out. When you share your appreciation of life with others without asking for acknowledgement in return you draw happiness into yourself to fill the space around you that has been created by your giving. The sharing of happiness fills the space around everyone with so much more.

Let us give thanks for the gift of life because with this gift of life we have a great opportunity to learn so much about it: the animals, the earth, the vegetation, the people, the spirit, the

sky, space; whatever you can see. Whatever you can think of is what you are able to learn about.

You do not have to read books to learn. You can learn through observation, through participation and through reaching out to meld yourself into all life that is around you. You then truly become part of this world of Earth.

When you truly become part of the world you are living in you can reach further afield and become part of other worlds. We can guide you safely along that journey but you do not have to set goals.

Setting goals can cause competitiveness and comparisons with what others profess to be achieving. There is no need for competitiveness and comparisons. Each individual mind is an individual world and everything within that mind can contribute to the growing, beautiful light that is life.

Bring these ideas into a little meditation when you are ready. See if this helps your mind focus on the more meaningful task of growing and learning with the teachers within.

This journey takes small steps and a lot of practice but it is an exciting journey. It opens a new world of integrity, light and laughter, plus the ability to absorb all human beings – whether you are in harmony with them or not – into your surroundings and make them welcome.

It is the beginning of that very important and very great teaching called *Holding Your Own Vibration*.

Wheel of Karma

Path of Intention
Karma and the Universe
Change of Direction
Inner Light

The direction of life is the direction of light. The direction of life is the direction of love. Should this direction change for even a second when you look at movement from the centre of a circle, the distance travelled by the time you reach the outer rim has dramatically moved you away from the original path.

When standing in the centre of a circle at the point of the radius the circle is much smaller than when you are on the outer circumference. When standing in the centre of a circle there is little or no room for error for the tiniest movement to the left or right, away from the path of your original intention, widens dramatically when you travel the new direction. By the time you reach the larger circle of the outer circumference there is a great distance on the circumference between the original point of your destination and the one you have determined. This may be illustrated by a wheel. At the hub of the wheel a tiny distance between one spoke and another is a greater distance on the outer rim of the wheel between the same two spokes.

What is karma?

Explanations are simple because life upon Earth is simple. Do not be afraid of karma. Fear of karma prevents you participating in a new and adventurous action that could stimulate you to achieve new heights and realise new abilities. Karma should not be fear driven. It should only be viewed as a weighing up and balancing activity of the universe.

Because you are in the universe you are affected by the tilt of the scales when everything changes its momentum according to what is taking place, according to what movement there is and in what direction throughout the universe. You are part of a larger picture; that of the movement of the universe.

The overarching direction of life is clear. It is a path towards light and love. Should you be travelling in that direction, as you step along the way you learn more about light and more about love so you are prepared for the increase of both on your journey. As you learn more about both you recognise more of both in whatever forms they are presented to you whether they arrive gently by standing in front of you or whether you trip over them.

From the moment of birth to consciousness, in whatever form you are in because life is life no matter the form, your journey is predestined. Should you move slowly or quickly, deviate or continue on the straight path does not matter. The manner of your journey is according to your choice. Whatever way you travel you gain experience of light and love and increase your knowledge of the meaning of life.

At some stage of your journey, no matter where, when the intention of your heart murmurs a different view of life from what is intended for you or if at any time on your journey you listen to the murmuring of another's heart about alternative directions and entertain this desire for even less than a second, without realising it because you are standing at the hub of the wheel, the adjusted direction of your journey slightly angles outwards.

Because this spoke of the wheel is not the spoke that was your predestined path to travel, the experiences and the possibilities become a slightly different colour and a slightly

different intensity of light but nevertheless are still light. Love becomes a slightly different hue and colour, but it is still love.

Because of inexperience you travel this road for quite some time before you realise that the timbre of the voices you hear, the joy and the laughter of accompanying travellers and the shades of light in the environment are slightly altered. This causes you to hesitate and ponder. In your pondering you become aware that the nature of what you ponder about is also a slightly different colour and a slightly different musical note because they resonate with your accompanying travellers.

You realise that your eyes have been cast down. When you raise them and look around, your accompanying travellers are also a slightly different light. You raise your eyes further to the heavens and you see that the light that has been your guide has also changed in hue and intensity. This gives you pause for thought. It causes a halt in your journey and a re-evaluation as to what caused the changes.

You have become aware of a time of reckoning. You have become aware that wherever you are you have taken upon yourself the voice of your surroundings, the mind of your surroundings and the thoughts of your surroundings. You find that the memory of your early travels, once so clear and light, is now shaded.

You become aware that you have entered the world of karma. By your tiny desire and the yearning of your heart for something other than your predestined journey you have become creator of your own different world. It is not until you pause for thought that you begin to wonder whether this world you are creating and walking through is the world you want.

You do not remember when you first felt loneliness. It was so slight you were able to ignore it because you have other travellers with you and their presence masks any change

within. Your focus has become removed from the light within to what you are experiencing with your fellow travellers.

You do not remember when you first felt pain because it was so slight. You do not remember what caused it. It is not until it becomes persistent that you realise this new sensation has become part of who you are in the life you are now leading.

You do not remember when you first felt anguish. It was also so slight at first you do not realise what has brought this sensation to you. You do not realise it is your spirit yearning for its true direction of travel.

These are the things that illustrate the Path of Karma.

In the beginning it was not a dramatic wrongdoing. It was a subtle shift in the intention, desire and yearning of your heart. It is not until you are placing your steps on a heavier more physical world that you realise that the pain, loneliness and anguish are deeper and more profound than you remembered before. It is not until you are in such a world that you realise your memory of your earlier journey has faded. You have become so engrossed in the footsteps you are placing upon the world you are living in now you have lost your sense of direction. You have lost the reason for your journey.

What was just pondering has now brought you to a halt and a re-evaluation. It has brought you to a place where your eyes search upwards; looking for the light that you know is the signpost of your direction. All you can see are reflections of this light in the stars, the suns, the universes and the light forms. There are so many you cannot remember which ones are your signposts. You look inside because you cannot find the light outside. There, still in the centre of your inner sky, is the light.

What does this light tell you?

You find that it tells you nothing because you cannot hold your attention upon it. The world that you have been engrossed in for so long, that has held such interest for you, will not quieten enough for you to find your direction through the light in your inner sky. This causes you to open your eyes once more. You realise that for you to find the light that will guide your way, changes in your outside world are necessary. You ask yourself what changes you need to make in your life outside so your light inside can guide you.

You look at everything you do. You look at the way you relate to where you are and to those who are there with you. You find you can only change the way yourself. When you make the changes that the light within you requires, you will be able to see more of this inner light.

Why do you want to see this light inside?

When you look at this light it speaks to you. It speaks to you of peace. It speaks to you of profound joy. This causes you to reflect upon these two completely different worlds. Slowly over time your focus on one of the worlds grows and lessens on the other. During this time of change within you – within your heart, within your soul and within your mind – you find that your actions in the outside world change to reflect your inner world.

During this time of change you repeat all the things you learnt in the outside world that took you along a different spoke to the wider circumference on the rim of the wheel, away from the predestined spoke of travel you initially began. You find that all you did, you do again in such a way that you learn to see more of the light inside.

This is karma in action.

This is a return journey to your predestined path of travel and it holds your karmic dues. You meet and relate to, in some way, all those you met and related to before on your initial journey. You repeat your conversations, actions and those things that interested you before, but your focus is changed. When you repeat these actions, conversations and words the context is changed. Everything is changed, aligning to the light inside you can now see.

This is the joy of karmic dues.

Karmic dues are the re-travelling of a known path. They are revisiting conversations, actions and people with whom you have associated before. They are welcoming to you because you no longer feel lost. You recognise the words you use, the things you do and the people you do them with so you know you are on a path that is familiar. This causes you to speed your journey.

This journey through karmic dues returns you to your predestined spoke of the wheel which opens a whole new vista of experiences and life; a whole new vista of light and love.

Relate this picture I have painted to the life you are living now and you will feel happy that you are having this opportunity to revisit some of the pain, loneliness and anguish you put in place before. By revisiting it you are relinquishing it from your mind, your heart and your soul.

Keep your eyes focused ahead instead of bemoaning the fate of life causing pain and loneliness. When the focus ahead is not working for you, quieten the outside life and look inside to your inner light. See what form it is taking.

Does this light inside encourage you or does it make you afraid because it is as busy as the world outside. Do not worry. When the light inside your mind is as busy as the outside

world, welcome it. It is telling you about the things you are doing at this moment.

Do not rush the changes. Value the things you are doing and do them well. After each bout of activity look inside again and see what the light is telling you. Over time you will see a small adjustment. That small adjustment is your progress. It is only tiny but this does not matter. It is progress.

When the light quietens and becomes less noisy than the outside world, this is exciting for you. It means you are taking control of your destiny and your journey again. You become your own commander. As the world inside becomes more real and true you become discerning about the voices you allow into it. You only want voices of love, voices of life and voices of peace and joy to contribute to the light within your mind.

From time to time we all have karmic dues for we are no different, you and I. We are all travelling our predestined path of life and we are doing our best to travel with joy, happiness, laughter and activity.

Destiny

Limitations
Opportunities
Tools of Destiny

Imagine a new life coming to the Earth, pure except for its history. All possibilities are ahead. The fact that this new life has been born into a particular family in a particular culture in a particular country determines a certain amount of predestination. This new life is educated and moulded by the Earth and the environment it is born into. Slowly through childhood its mind expands in a manner dependent upon environmental factors and lifestyle. It is capable of expanding to such a degree that awareness brings stirrings of desire for a particular life.

Within the predestined framework, which produces limitations, according to the philosophy of the universe there are unlimited choices for this new life. Observation of the Earth and observation of how people live provide a certain education for the new life. Its mind expands through all these things including the formalised education of a school system.

When the child becomes a young adult and realises his mind is individual, belonging to him, he recognises latent personal power. Once he has the strength and courage to equal his personal power he becomes capable of recognising and taking opportunities and make decisions for himself. Should courage and strength be lacking he may be moulded and manipulated by those who care for him.

Within the limiting framework of predestination there are unlimited choices. Personal responsibility may not become apparent to the young adult and may never be accepted because it is unpalatable. Regardless of his thoughts on the subject every individual has to take personal responsibility for

his life. He is responsible for how he thinks, his choice of direction in life and his actions for they affect not only himself but also the Earth and other people.

Destiny belongs to the predestined parts of life that are beyond choice but destiny always provides opportunities. These opportunities are signposts for the best path to travel. They do not have to be grasped. They can be ignored. Each person can choose a completely different path, meet different people and build a different life. Regardless of his reaction to his predestined destiny signals of opportunities are presented.

Should you take time even at a young age to enjoy the silence, ponder upon the complexities of life and wonder about the life you may create for yourself, you are giving yourself an opportunity at a young age to hear the murmurings of your soul and to listen to promptings from your spirit.

What are murmurings from the soul?

Murmurings from the soul are familiarities. They are vague feelings that something is familiar. You have déjà vu or you feel you have done these things before. Whatever these feelings are, they are recognisable. Good or not so good they feel safe and acceptable because of their familiarity. They are a signal from the soul that you are revisiting certain aspects of life that may have occurred at another time in another place.

These signals can come out of the blue for your recognition. They come from your memory bank. When they surface again stronger in later years you can more easily take note of them because they are familiar. They can then be acted upon quickly at the appropriate time.

What are the promptings from your spirit?

Promptings or signals from your spirit come without words. They are a deep knowing that something is good for you or

something is not good for you. They tell you when to go and when to stay. They send you discomfort about situations with certain people which can be a safety factor for you. They tell you when to vocalise and when to keep quiet.

At times you need to speak about certain subjects in certain company because there is somebody there who needs to hear what you have to say. As a result of the conversation an appointment with life may be met. At other times you need to be quiet because at that time you need to hear what someone else has to say. This also may lead to a future appointment that may be important.

Signals from your spirit are the most powerful tool you have in your life to direct you. They come through knowing; without thought, without analysis. These signals are more certain than the vaguer murmurings from the soul but they do not give reasons.

These two great tools enable you to be where you need to be at the time you need to be there but how can you recognise an important meeting or event that is part of your destiny?

Two major signs are strong feelings of joy and anticipation accompanied by instant recognition that this is so. If you have not trained your mind, your eyes, your speech, your hands and your body to work in conjunction and in harmony you do not have timing. You lack the disciplines that good timing requires. Recognition is accurate but you do not know the time. You may be aware of recognition years before events. Hold it in your heart when it comes, knowing and believing that anything is possible.

Joy, anticipation and recognition signal you to take your place on the Earth, to work hard at whatever you feel you need to be doing at the time and to remember to keep your eyes

open and your ears alert so you can hear the time and the day when you have to be in a certain place to meet a certain person. Hearing the timing of actual meetings and events that lead to opportunities which point your life in a certain direction comes with growth and progression.

Activity is the law of the Earth. By being active and putting effort and hard work into your activity you develop skills that may be necessary for what your destiny has in mind for you, even though at the time you may be unaware of this. Sitting back and waiting for things to fall in your lap causes opportunities to pass you by because your eyes are dull, your hearing is masked and your reactions that enable you to move at high speed when necessary are sluggish.

You do not know what skills you need for your destiny so work hard all through your life. Put great effort into all the skills you are acquiring at the time. Later you will realise you have already acquired the skills you need to achieve what your destiny has for you.

Later when the event or the meeting occurs you again feel joy. Anticipation becomes excitement that is expressed as laughter. You are astonished because you realise the fine tuning of the universe that has already allowed you to train for what you always thought you might do but never knew how or when it could be so.

Life is unpredictable. This is what makes it joyful. You do not have to think *Is this as good as it gets?* You do not have to think, *Every day is the same.*

You have learnt about the fire of the universe that is the movement of life. You have learnt about the disciplines of the universe that include thought control and how to sustain activity. You have learnt about the love and joy of the universe that is an expansion of your heart. These things cause your spirit to sing.

When your spirit sings you are open to all possibilities, no matter how unlikely they may seem.

You have learnt to take chances. You have learnt that success and failure are irrelevant. You have learnt to seize the moment. This means your destiny can unravel before your eyes like a ball of wool. Should all these things elude you, you still have a destiny. Should you not find the capacity to sustain your effort in building your self-confidence and because of this miss opportunities and fail to take chances, another destiny is open to you. It may be less active. It may be a quieter life. It may be a life with a greater focus on material aspects.

Do not despair. Keep hope alive in your heart. You may still meet someone or go to an event where you have an opportunity to build your self-confidence and participate more fully in this life that you have come to through your own volition.

Not all lives are extraordinary. Many seem quite ordinary but every person who walks this Earth has a story. Those who live a quiet life and seemingly have done little may have been so observant and so aware that they have built a strong and powerful inner world where the sun inside their minds shines so brightly their lives are as a shining star for all in the spirit world to appreciate.

Never be fooled by the faces that walk down the street. They may hide illustrious and powerful spirits of love that are doing the work of the greater life by living life gently, quietly, with hope and full of love for self, for others and for this magnificent world of Earth that we all come to; one of our homes that we have great respect and great love for. The Earth provides a time of shelter where we may learn so much that when we leave our journey is at high-speed towards the places of our hearts' desires.

Knowledge and Inspiration

Reception
Source of Inspiration
Path of Ascension
Ancient symbols of Progression
Change

Knowledge and inspiration come to men and women through many avenues. These avenues are unlimited because they cater for the progress, evolvement and desire of the recipient to know and receive. Spiritual avenues are according to the spiritual condition of each person.

Much of what is learnt or received is a combination of memory, book learning, inspiration from people living upon the Earth and inspiration from other worlds.

The Seeker of Truth is travelling a laid path which changes according to his progress. Should at any time he feel he is the author of what he receives and knows he remains on the path that contributes to this reception of knowledge. Thoughts travel via chords using the processes of the physical mind. Thoughts from one person attach to the thoughts of another and to the thoughts of earthbound spirits who are interested in promoting them.

How does knowledge travel through the cords?

Knowledge travels in a spiral, as though circling through a hollow tube at high speed. The circling motion is the same as the circling motion of the cords of thought that are continually attaching and detaching from all who live upon Earth. As thoughts circle at speed through the cords they gather similar thoughts. By the time they reach the recipient these thoughts are compounded and confused. Because the physical mind is involved the recipient has to sort out what is required and discard the rest as

incompatible to his purpose. Thoughts travelling in this way relate to life upon the Earth and glean knowledge from Earth life.

The Seeker of Truth steps on to a changing path when he is able to receive inspiration from worlds of a deeper dimension. Control eludes him when what he receives from the etheric planes becomes mixed with the cords of thoughts he is receiving from the world of Earth. All come via cords, travelling in a circling motion in the same way as thoughts travelling throughout the Earth.

Further along the path as the Seeker of Truth progresses he receives inspiration from spiritual worlds of light. This inspiration is golden in colour. Its content is designed to radiate this light throughout the Earth. It can intertwine with the seeker's own thoughts of the Earth and thoughts he receives from earthbound spirits. When this situation occurs, inspiration mixed with knowledge reflects both worlds.

The ability to edit is the greatest learning tool of the Seeker of Truth. What comes from spiritual worlds of light are statements that are clear, precise and to the point. They teach philosophy and reflect upon the reasons why Earth life is as it is. What comes from the etheric and physical planes including Earth is not inspiration. What is received is knowledge relating to self and life upon Earth and can be discarded.

The path from Earth is symbolised by the pyramid. Its shape is symbolic of ascension from the Earth. The outer steps of the pyramid encompass all Earthly experiences and all Earthly desires. Because the yearning Seeker of Truth is aware, he comprehends the learning that is a result of all these things and so he learns. He may then begin the journey of ascension which is a step-by-step process over long periods of time.

The pyramid is the keeper of secrets of the past. The pyramid of Giza is situated exactly at the point separating Upper Egypt from Lower Egypt. It symbolises the point

between the upper body and the lower body. It symbolises the point between the higher mind and the lower mind.

Higher thoughts ascend to the mind located in the upper reaches of the human brain and result in activities reflecting these thoughts. Thoughts relating to physical life on Earth reflect from the lower aspects of the human brain and result in physical activity using the lower part of the body. The journey of ascension first seeks to change the thinking processes from relating all Earthly life, knowledge and inspiration from self to a higher purpose in life.

Within the pyramid is knowledge of the sphinx which has the body of a lion and the head of a man. The sphinx is symbolic of the emotions and desires that rage through man and destroy higher thought. In youth and early maturity, the mind and energy focus on the emotions and all activities relating to them. Energy is lost. Youth vanishes and the mind becomes empty.

The next important symbol is the serpent. The serpent is symbolic of the Tree of Life which is knowledge of good and evil. The serpent is symbolic of the fire of procreation which, when used correctly in a higher octave of comprehension, changes from the fire of procreation to the fire of creativity that is higher thought and higher yearning.

Higher inspiration does not travel through cords for it bypasses the physical mind. Symbolically the recipient upon Earth is able to reach the light through the inner corridors of the pyramid not via the outer steps. The light of inspiration imparts the essence of those conveying the inspiration from the worlds of light through the thoughts and words of the recipient.

When the serpent becomes the Winged Serpent the Seeker of Truth has risen through the Tree of Life to acknowledge, accept and grow into the path of all that is good, discarding the

desires and ways of the earth that inhibit such progress. No longer a Seeker of Truth but as the Winged Serpent and an Initiate, he flies symbolically like the Eagle. The Eagle travels to the highest places upon the earth and symbolizes true inspiration received through the highest reaches of the mind.

When the recipient can reach higher, inspiration is received on the wings of thought. It is not confined within the cords for there is no desire for knowledge that relates to the lower physical self.

The recipient reaches through the spiritual mind to that place beyond self, to an inner expanse as wide as the horizon of a circle. Because the recipient is able to accept and receive these higher thoughts and concepts they arrive on wings, the vibration of their message reaching all over the Earth. This is the true power of thought coming from the higher realms of light.

Fire can scorch everything in its path and water can flood. Let the fire work as a glowing ember to nurture activity. It can be gently blown to a warm glow, slowly increasing according to the ability to control it. Let the water shower throughout the horizon as gentle rain to nurture the life of the spirit and cleanse, cool and invigorate.

The enlightened can merge the fire and the water. Let the fire warm the water to create the steam that can permeate the Earth.

What is the use of such inspiration?

All is symbolic of change. Change comes from within. It comes from your focus.

Where is your focus now? Where do you want your focus to be?

By following the yearning and desire of your heart you are changing daily. Your words may say you have a higher

aspiration but your actions show where your ambition is. It does not matter where your focus is because wherever it is this is where you are in the scheme of life. Live according to your focus honestly and without comparison with others then as you grow and achieve it will change. When you look back over the years you will find you have experienced many changes when you were open to change.

Spiritual growth cannot be learnt. It is absorbed into your heart, and through your heart into your thoughts and actions. When you want to change but do not know how sit quietly and listen to nature. The birds, fish, animals and plants are very focused on how to live. They can talk to you quietly through your ability to absorb the beauty of their actions. You cannot force your thoughts to ascend.

Everything takes a long time and a lot of practice. Should you sit quietly for fifteen minutes and achieve a state of harmonious being for ten seconds you have achieved and you need to be congratulated. Spirit has no expectation of you. You may have expectations of spirit but that is according to your thinking. The process of life is now one of purification. This is difficult to achieve in the state the world is in now. At this time, water, food, thinking and desire, are they pure?

What can you do for the world?

Your thoughts go out into the ethers when you give voice to your ideas. Send your ideas out on the ethers. Give voice to what you think. As you do these things over a period of time notice how what you think changes. Notice how what you say changes. Enjoy being observant. Enjoy the differences. Learn from everything you observe and hear. You do this by letting everything flow through your mind and out again. Only allow what is relevant to remain with you. Discard everything else.

Your laughter ascends so enjoy the world. Do not worry about what might happen, what has happened or what is happening. You can only contribute what you can. Find the courage to make the changes you wish to make when you want to make them and observe the rest. This is a time for education. The first place education starts is with self. There are so many people upon the Earth who are not interested in anything other than what they are doing in their own lives.

This is an age of youth culture. The youth do not believe they will get old and they never give a thought to death. Because of this they are unlikely to think of the possibility of life after death. As the years go by and they face their maturing, they may be reached with a passing thought or a brief sentence that there are more things to consider than what they see upon the Earth. Because it is a youth culture, we have to wait for the time of their maturing to reach them.

Education begins with self. Understanding brings choice. Choice brings change. Change brings growth when it is accompanied by a yearning from the heart to grow. When you live your learning, you understand how change comes about. When you understand the result of change and growth you are ready to educate others about the path of change and growth.

There are so many people on Earth at this time that natural resources are stretched and there is unequal distribution. Because change is so necessary we are joining with those who wish to implement it. By educating people about the power of thought and action maybe together man and spirit can turn people towards upright thinking and upright actions. These are the foundations. Our goal is to teach people how to live well so that poverty, selfishness and violence retreat. If you find in your heart that you have the same goal you will be able to teach people.

Dissension

Similarities and Differences

Earth life promotes differences between people, and the Tower of Babel is symbolic of these differences. The base of the tower where the edifice has its greatest proportions represents people who have very little in common with each other, including language, culture and philosophical and religious beliefs.

As the Tower of Babel reaches higher the floors become smaller and the differences between races and cultures less pronounced. The focus changes from differences to similarities and the result is tolerance and acceptance that become part of the soul and easily applied to life. This is progress and it is glorious.

The Tower of Babel then becomes a symbol of hope; a symbol of the human spirit reaching towards the greater worlds of light where there are only similarities. By the time the human spirit reaches the highest point in the Tower of Babel he is ready to ascend from the Earth to permanent residence in the worlds of spirit.

What is it that separates one race from another?

What is it that separates one human being from another?

What causes people to come together, be compatible and caring then after a period of time separate, never wanting to see each other again?

All people are born into the culture and country that can provide the necessary experiences, learning and purpose in life. Regardless of where they are born they are exposed to differences and similarities between peoples.

It is the differences between people, between races and between languages that separate them. It is the similarities between people, between races and between languages that allows them to come together and share some aspect of life.

Languages, cultural philosophy and upbringing influence the ability of individual people, races and nations to come together and achieve a common goal.

Individual people search for similarities upon which they can build a relationship after initial attraction. Races seek to find common ground that can attract one to the other, allowing them to build a relationship. Nations seek a relationship of barter and trade, initiated through similarities and mutual desires and based on agreement and achieved through a mutual respect for their differences.

When only differences are perceived the result can be strong opinions and judgements about others. When no similarities or no common ground can be found the differences become predominant and people, races and nations easily come to war.

War is a clash between two opposing forces; on a large scale between countries and nations, on a smaller scale between races and factions within a community and on the smallest scale between individuals. Those who participate in these clashes rejoice in the differences between people, either individually or en masse. Those who oppose war, either individually or en masse, seek to find similarities and common ground that can draw people together to find a way to cohabit in harmony.

In spiritual worlds there are no differences between families. There are no differences between individuals even though some radiate their light at higher vibrations than others. Because of this there can be no opposition between one spirit and another. There can be no war. There is only

common ground and a shared purpose in life. Differences that are portrayed as part of normal physical life are foreign to the world of spirit and those who seek to live according to its ways.

Etheric worlds are intermediary to the physical world of Earth and the lighter worlds of spirit. Within these intermediary worlds, although there are people who are reaching towards the lighter worlds of similarities and common ground, many are drawn towards the physical life that focuses on differences. The inhabitants of etheric worlds can easily contact people on Earth who are only too willing to listen to their murmurings and encouragement in promoting dissension.

Differences that are apparent between individuals, races and nations only relate to physical life even though the differences may seem religious or spiritual. The interpretation of spiritual or religious philosophy so often determines how people should live their physical lives, thus promoting differences.

What are the reasons for differences that can promote such negative vibrations, feelings and emotions; strong enough to lead to abuse, violence and war?

The most sought-after factors are money and power. Those that have both spend their lives trying to keep both. Those who have one and not the other spend their lives trying to achieve what they do not have. Those who have neither cannot understand why this is so. They constantly question the unfairness of life that has placed them in a position where they are unable to achieve and grasp what another has. They do not understand how the other person has managed to achieve and gain what they would like. They may not understand the meaning of effort, work and activity.

Whether they understand or not their thoughts are constantly on those people who have what they would like. This promotes uncontrolled thinking which leads to uncontrolled emotions which leads to uncontrolled actions. Instead of carving a path for themselves, they seek to take what another has – or at least prevent another achieving more than they already have. Multiply this thinking by large sections of a population and you have a large group of people who listen to any leader who promotes their own selfish idea.

With a life that focuses on differences communities can break into factions that cannot relate, communicate or live in harmony within the same area of land.

How can this situation be resolved when it seems to continue from generation to generation down through the ages?

Many would say education teaches people to understand life and become more open and altruistic. Should you look at history you may find that education provides the students with the route to gaining the goods of the Earth and the power they desire. The difference between those who are uneducated and angry and the educated is that those who are educated have made an effort to find a way to open a path to gaining their hearts' desire.

Education is a two-edged sword. It provides greater understanding of how the physical world works and how to use it to your advantage. It is a two-edged sword because it can be used to accumulate for self or to do great good in the world. Everything depends upon the heart of the educated individual.

The only way to prevent dissension from continuing down the ages is to negotiate a path through similarities and common ground. The true common ground between all

peoples is their life force within, which gives life to their physical bodies – all of which are identical.

The common ground of the shared spiritual life in all people is a path that has been tried so often throughout the ages. The beginning of this path is paved with pure spiritual intention. As the path progresses pure spiritual intention is joined by physical life. The desire for worldly goods and worldly power travels beside spiritual purpose.

Worldly goods provide support for people. This support is a foundation for life so they can achieve greater things. The way of differences places the focus on the physical life and brings the reason for living down to accumulation of all that the physical life offers.

Instead of being a support to life, the accumulation of worldly goods and power becomes the reason for living. Over the years this shift has often caused the ways of spirit, which enhance and bring peace to life, to fail because money and power are travelling at its side and infiltrating all understandings.

The way of the spirit is to find similarities and common ground. The way of the human being who acknowledges the way of spirit is to observe people, how they conduct themselves, how they behave, how they speak and how they live. If what they do does not impact with any harm upon others their behaviour is acceptable even though the individual may not want to live in that way. When behaviour impacts with harm it is unacceptable and social customs find a way for such behaviour to be extricated from human society. Unacceptable behaviour is common through all cultures throughout all the ages.

How can people be educated about the ways of the spirit?

Throughout Earth life many societies have tried to find a way to make this happen. They have tried to share the goods of the world evenly. They have tried to allow the few to maintain control of distribution. Regardless of all attempts dissension continues.

The world is moving into a new age of learning which incorporates appreciating similarities between peoples. National boundaries are breaking down. Different cultures are living side by side, learning to accept differences. This time of change is a difficult time to live through. The transition from differences to similarities takes a long time and many generations.

Over the years there have been many opportunities for this learning process which most often has been ignored. The stronger culture has absorbed the weaker, forcing the people to either change their beliefs or become a slave-like subculture.

The spirit of man always promotes similarities so it can create all that is beautiful. It creates sharing, helping, loving and understanding. It creates the construction of a life that includes these qualities.

Whoever is interested in spiritual progress cannot ignore the need for the progress of all peoples in the world. Progress is only progress when it applies to all people.

The light of the spirit shines through all people who allow it to shine. When it is nurtured at a young age and a young life is encouraged to believe in his inner self, he can find a path in life for himself that will open a way for him to achieve a work for the greater good that he has come to Earth to achieve.

All that can be done is to allow the opportunities for goodness to prevail, and goodness will prevail. Through observation of goodness, through observation of living with similarities between people the light can spread to all around those who express it. By your example you can show the man of dissension that there is another way. When ego flees from your heart and fear no longer has a place within, you can stand against all dissension and let your light shine through your quiet and noble stature.

Anchored to the Earth

Components within that Anchor
Environment that Maintains
Laws of Nature

How do the soul and spirit remain anchored to the body of Earth?

The spirit is pure light in relationship to physical matter including the body of man. The soul is a combination of spiritual, etheric and physical matter while the spirit is incarnated upon Earth. The etheric nature of the soul is of the lowest light world closest to the Earth. It could be likened to a world of mist that is a buffer between spiritual worlds and Earth.

Etheric worlds are like a corridor of matter. The soul is comprised of the ethereal parts of the etheric regions that are compatible with the spirit that is to incarnate upon Earth. The soul also incorporates fluids from the Earth through the fluids of the mother whom the new life is coming through. These fluids are the lightest physical attributes of the Earth that can combine with etheric matter to anchor the spirit to the Earth and hold the components of life together, keeping them alive in a particular environment.

Spirit life is recalled to the worlds of spirit when the time period of its duration upon Earth is over. This may be before the material body ages and becomes incompatible with the spirit or it may be at the end of the body's capability of holding the spirit to the Earth.

The materials of the Earth are subject to the laws of the material worlds which include birth, maturity and dissolution. These laws determine the length of time a spirit may incarnate upon the Earth and achieve its purpose. Within a dense material frame made predominantly of air and water, is fire;

the light of the spirit. The etheric substance combines with some of the earth's substances; e.g. carbon, which is the glue that holds all together and so anchors the spirit to the body of Earth.

Through the elements of fire (spirit), water (soul), metal (carbon), wood (fuel) and (combination of all elements), the soul and spirit are attracted to consolidation of the matter required for incarnation.

The solidification of the matter that surrounds the soul that surrounds the spirit holds the new life in the material body to the Earth for a designated period of time.

How can the spirit remain confined within the soul and body for its designated time?

You hear talk about people trying to gain and maintain a balance in life. The philosophy underpinning this subject is the balance of life that needs to be maintained between the physical life and the spiritual life of every human being. If the balance were perfect the human being would be unable to achieve anything.

When spirit is in the world of spirit the balance of life is in favour of that world and life is more anchored to that world. When spirit life is upon Earth the balance is in favour of the qualities and materials of the earth so the physical form may continue to live. To hold life to the earth the qualities and materials of the earth must be constantly available to the human being.

The human being can live without feeding his spirit anything. Spiritual qualities are not necessary to maintain his life. They enhance his life but are not a necessity. The human being can live by only following the demands of physical life,

but when he does so he is living in a fashion similar to the animals. He is only living according to his physical nature.

Many people never feed their spirit with its qualities of goodness. They squeeze its essence into the smallest possible place and allow it little or no expression at all. People living this way give full rein to their physical desires and they think only of these desires.

Because their focus is totally material, they are unconcerned about those things in life that make the human being greater and more evolved than the animals who follow their own destiny. This focus is why their appetites become excessive, expressing as uncontrolled anger and violence.

There is no balance in their lives. The scales have tipped completely in favour of physical life. It is the only life they desire. This makes them dangerous because anything that threatens this lifestyle is a threat to them. They will do anything to protect what they have.

The five senses enable man to be aware of the Earth. By natural law he is required to daily eat and drink the food of the Earth. The body is carnivorous so he eats meat to give him the strength to survive physical life. The body is herbivorous so he eats plant life to nourish and cleanse the blood so the spirit can maintain its habitat.

The earth provides everything for man, plants and animals to maintain life. Whatever man eats there is an antidote for it. In whatever way he harms himself there is a medicine for it. This is the balance within Earth life. Hold up the scales. In one pan there is the spirit life. In the other pan there is the physical life. In the pan holding the physical body there is another pair of scales. In one of those pans there is the food of the earth. In the other pan there is the medicine of the earth. Everything man is capable of doing can be balanced by natural law.

The second law man must follow is to breathe the air of the earth to maintain life. The third law is to drink fluid, the water of the earth. The fourth law is to maintain body temperature. Man must maintain the correct balance between heat and cold. The fifth law is to be active during the hours of sunlight and rest the body in a supine position during the hours of darkness.

These laws cannot be contravened because they exist to hold the spirit of man to the Earth. To maintain a healthy life they must be followed in perfect balance. They are greater and more important than any laws relating to spirit life. Spirit life in other realms has its own distinctive interpretation of laws that it must follow.

In the Scales of Justice one pan of the scales is man's physical life. The other pan is his spirit life. To maintain the balance of life the two have to work in conjunction. Should one seek to give more importance to the spirit the life of the human being becomes imbalanced. The scales must weigh in favour of physical life because man is living in a physical world. Should one seek to concentrate only on the spiritual life the physical body comes under threat and its life may come to an end earlier than was planned or designated.

It is a great responsibility for the human being to accept that material life must come first; that it must be maintained in health to allow the spirit light to shine. When the scales tilt too far to the spiritual life the mind becomes more of the air and is able to float in many directions without safety and without purpose.

When people live well they create for themselves an opportunity for their spirits to emanate in harmony with their personality, their body and the environment they live in – a natural embodiment of two expressions of life.

The life of Earth is a life of simplicity. The real balance is in favour of Earth life. The promotion of spiritual work when the opportunity comes at a certain time is for a particular reason. The rest of the time all that is required is for the spirit light, which is the best of the human being, to show the way to live beautifully, naturally and simply.

The spirit light causes an ordinary task to glow. It creates happiness in an ordinary conversation, in an ordinary environment. Activities and tasks become joyous when the spiritual light is invoked. This understanding can lead the human being to acceptance of a mundane life. An ordinary life can be made most beautiful.

The greatest task the human being can perform is to allow the spirit light to shine through every thought, every conversation and every action. In this way you treat yourself and you treat others in the best possible way.

Should you succeed in this great and monumental task you are achieving one of the most difficult things possible in the evolution of the human being. It is this task, so simple in description, which leads all men and women to the road that enables them to ascend from the physical life to lighter, more spiritual lives where it is easier for the spirit to direct and shine as a beacon for all who come within its aura.

Power of Words

Five Senses in Communication
Thought Forms

Words are used to convey a message from one person to another.

How can you convey the essence and meaning of your message when words are used in many ways for various reasons?

Look at the world you live in. The first thing you notice is how noisy it is. Not only do you have noise within your own mind but you also have noise coming to you from the outside world. This means both within and without, your world is constantly noisy.

Your five senses convey to you everything that is happening in the world you live in. Your senses carry messages to you from the environment you live in.

How well do these senses work for you today?

Let us look at your sense of hearing. Your ears are constantly assaulted with noise in every possible way. This contributes to diminished hearing in older age.

The second most important sense that conveys communication is the sound you emit. This comes from what you say and from your actions. The sounds you make when you talk and move contribute to the noise of the world. What you say and how you use your body becomes part of the assault of sounds on another's ears.

Your senses convey communication to and from the world you live in. They are the only way the outside world can express its presence to you. They are the only way you can express something that is inside you. They convey messages from your

spiritual self and your physical self through your mind then through your body. The interesting thing about the senses is that they can become conjoined. Some people can taste words. Some can smell colour. These people are often artistic in temperament and communicate very little through noise, sound and words to other people and the world in general. They use their senses in a finer vibration.

For the general population in the world the strongest sense used most frequently is speech and thoughts lead to speech. Words are a powerful tool. They convey your thoughts on any subject, either through the spoken word or the printed word. Thoughts are strong but once spoken or written they become powerful. Because of this we will talk about words.

Words, either spoken or written, convey not just their intention using the language you are associated with but also everything that makes you the speaker or the writer who you are. Who you are is impregnated into your words, which makes them a powerful tool to send messages to other people.

For this reason words can be used for the greater good or for self-gain. The impact of the message is relative to the command of the individual delivering the message. The messenger has a strong influence upon the audience. This is apparent in the science of advertising.

Not only do spoken and written words convey a message and much about the messenger, they also construct form. They build, using the etheric substance of a deeper dimension surrounding the Earth, forms that relate in structure and shape, colour and vibration to the message being conveyed and the intention of the messenger. Because these forms are invisible to you does not mean they do not exist.

It would not be possible to live on Earth and see all that interweaves your presence because then not only would your ears be assaulted by sound but your eyes would be assailed by

so many thought forms you would be unable to find a space to move through without the sense of constantly bumping into something or someone.

Your range of vision has been planned carefully so you can move through your world unimpeded and without restrictions, except for those you place upon yourself in your construction of the world you live in.

As a human resident on Earth, you have plenty of space to move in and share with others. It is your decision to construct what you feel is a better world of concrete buildings; a world that calls for you to move through confined spaces with large numbers of people whom you are constantly weaving around or bumping into.

Language and words have been given to you so you may construct thought forms that can construct a better world.

Language and words are designed for the purpose of communicating the essence within the heart of each individual. There are those who appreciate silence when they are not communicating the essence of their hearts. In this modern world they are hard to find. These people can also sit in silence. They convey the essence of their message through their facial expression, their body language, their sense of cleanliness, simplicity and naturalness using as few words as possible.

Words, in this modern age of man, are used without thought. Thoughts and words are transmitted from every individual through the thought forms they construct. With most there is a constant chatter of inconsequential details between one person and another. These inane words are usually on the same mundane subjects and they move round and round in ever-increasing circles.

Modern man not only assaults the world with inconsequential spoken words and noisy movements but he

also creates products that ensure his presence is felt. He demands recognition of his presence with the perfumes and smells he sprays upon himself. The natural smells of growing plants, flowers and life that move naturally through the world have been replaced with manufactured odours. Chemical compounds go into the construction of many modern goods and they emit odours noxious to the body and the environment.

The sense of smell has always been important to distinguish elements that are safe and acceptable to the human body or dangerous. It is still your natural instinct to smell a beautiful flower. Modern life is destroying man's sense of smell.

The sense of touch has become underused in the modern noisy world. What is manufactured does not always have the variants of texture that nature provides. Much of what you feel in modern society is cold and smooth with the emphasis on functionality. These tactile sensations can be unacceptable to the body. This is one reason that you find you do not want to touch a lot of what you see, including other human beings and the clothes they wear.

Those who try to bring acceptable, tactile sensations into modern constructions by replicating nature are usually those of the artistic, creative temperament.

There are many people who do not feel the warmth and comfort of a gentle touch from another human being. The touch of another human being makes you feel a part of the world you are living in. The sense of touch conveys a message from the heart. When people are deprived of the gentle touch from another caring, human being they find themselves touching those for whom they do not have any feeling. When the message from the heart is not conveyed, they withdraw the

hand. In this age the sense of touch can be easily misinterpreted or used inappropriately.

The sense of taste has been modified by modern life. The five tastes are important to good health yet each is not always available. The focus is now upon the tastes of sweet or pungent with the emphasis on sweet in the western world.

The sight of all shapes and colors in nature contribute to good health. Sight is an aid to self-preservation. In modern times the wide abilities of the sense of sight have become narrowed to a focus upon the direction you are moving in and manufacturers decide predominant shapes and colours for you to look at.

When you can appreciate the five tastes, the silence, the smells of nature and the appropriate place for touch and the spoken and written word, you can convey the message from your heart through your eyes, the mirror of your soul.

Of all the senses, words have the greatest impact upon the greatest amount of people. Because words build thought forms a great deal of thought should be put into what you are going to say, when you are going to speak and how you are going to communicate your intention.

One of the greatest causes of karmic dues is the influence you exert on other human beings. The greatest influence is through words. Should you influence another human being in a way that does not promote his betterment or his direction towards the light, you will be unable to leave your association with that person, either in this lifetime or any other lifetime until your influence is reversed. Upon consideration you will see how important it is to put great thought into what you say and how you say it.

The spoken word and the written word are more powerful than the sword. Their message can cut to the heart. Let your message be care. Let your message be love. Let your message

be the light that you relay from the greater life. Most of all let your message be truth. Anything else is not worthy of the spoken word.

Who wishes to carry through life a thought form that is not built of light, beauty, love and the vibration of the greater life?

Let your mighty words convey to all to whom you speak, a message of truth. Let your words encourage another person to take a step in the direction of the light. Let your words encourage another towards the direction of a fulfilling life. Let your words enable people to travel together along the path that leads to a greater life in another place, in another time.

Let no thoughts come to your mind unless they reflect the love within your heart. Let no words pass your lips unless they express the love within your heart. Speak only words that are constructive to yourself and others that they may show all who hear the path to a greater light. Allow all other thoughts to pass through your mind without lending them strength.

All words that pass your lips construct thought forms you carry with you. They attract thoughts of a similar nature and together become greater and stronger. They may attach themselves to any amount of similar thought forms all over the world.

By your thoughts and your words you are connecting one to the other all over the world. Let these connections be connections of light. Let these connections be connections of love. One day their light may be seen by those whose thoughts and words are not so pure at this time because people can change. They can sense the light of beautiful form constructions when they seek to change and join the beauty of what is all around them.

Expanding Your Beliefs

Belief Constructs
Empty your Cup
Knowing

Unintentionally it is easy to become locked into a belief system that has been created by events in life and by the learning and teaching you have been exposed to. In most learning situations you join with others who have a common interest and seek through sharing and discussion to expand or develop your knowledge base.

This scenario presents its first obstacle when you become acquainted with something you cannot accept or believe in, often an interpretation of a philosophy. In your mind you now have a construction of what you can accept as truth. What you hear has to fit within this construct.

Upon Earth it is easy to construct a fence around yourself with your belief system. It is easy to stay within the confines of its space. The limitations of your belief system can create barriers that fence you inside this construct, providing a safe structure that allows you to grow and develop in a chosen direction without risk.

Here you can feel safe with your knowledge and learning that allows you to see what you want to see and view all that is the human being in the way that is most acceptable to the life you are creating for yourself. Here you feel in control. Here you may be appreciated by others. Here you have something you can build your life upon. You can also be unaware of its constrictions, for within its confines your life is lived as though in a gilded cage. In modern times this construct is portrayed as *my truth*.

Conscious learning is an accumulation of knowledge. You need a good memory to absorb what you hear and see through

exposure to those with knowledge. You are often required to go here, there and everywhere; reading, talking and listening as much as possible to increase your knowledge base. You may then be seen as having wisdom. You can rise high within the confines of the structure you have built around yourself. Its admired intelligence brings a feeling of self-worth.

When you have a strong belief, you eliminate the opportunity to either negate that belief or expand it. This stance stunts learning and future growth in a new direction. Sadly, you may not realise that everything you have learnt is only a step on the journey of learning. So much more is available for the open heart.

It is very hard to leave the life you know and take the first step into the real learning of life that can draw real truth to you. Your view of life and the people in it changes and it is hard to accept the possibility of loneliness. You still want to know people who view life in a similar way to yourself but there is a concern that there may not be another to share this new and unknown journey.

It is difficult to accept that there may be a greater depth of understanding in a new direction. You may have spent many years accumulating knowledge and building your life around what you have learnt. You may have become an expert in your field. Either way you do not want to feel you have wasted your time. You do not want to feel you are taking second place to someone with a deeper or different perception of what you have believed to be the ultimate in understanding or learning. It is hard to let go of a position you may have created for yourself through your belief system.

The desire in your heart for truth requires you to empty your cup at some stage in your life and start again. It requires you to bring down the fences and discard your existing accumulated

knowledge and learning that you have based your life upon and start afresh, like a newborn babe.

Deconstruction is beneficial because it allows your mind to expand. It allows you to explore new areas of knowledge and learning that can create a new life for you. When your mind expands it bursts asunder so that all within it disperses, leaving only the heart to absorb what is necessary.

This first step into real learning is not academic. This learning is accessed through the perceptions of the spirit within so the soul may face what it needs to face, and learn. This first step embodies humility because as aspects of the universe open you realise how magnificent and vast life is. There is no going back. This first step brings change, not only in your mind but also to the essence of you and your life. This learning embodies the truth of a greater life than what can be seen upon Earth. It takes courage to unravel its mysteries.

Truth requires you to break down all barriers around your heart. Truth requires you to dismantle your safety net. Truth requires you to take a step into an unknown world. You can only know the first step you take. Beyond this anything and everything is possible because the first step implies that you are able to lose yourself, forget yourself and place yourself in the hands of a new and longed for destiny.

You never know the twists and turns of fate around the next corner but fear of the unknown can cause you to falter. Fear of losing yourself can cause you to hesitate. Ego can prevent you from realising that the knowledge of the universe is vast; its aspects available according to your desire to learn. This desire is concerned with expansion of the spirit within and a reaching towards the greater life.

How can you learn, adapt to change and reconstruct a life when learning is taking an unknown direction?

The first step is only made possible when you are seeking truth with the yearning of your heart and soul; when you are seeking truth in its stark reality without any constructs in your mind. You then welcome change and redirection. You then truly seek to learn, not teach.

This is the scenario that can attract someone to you who may be outside any previous experience; someone who may not be acceptable or appreciated by others, yet is the one to bring you what you have asked for. Should you remain within your strictures you would not be able to accept either the presence of this person in your life or any teaching he has to offer. This has to be comprehended both physically and spiritually.

Real learning provides steps. According to your comprehension of what you are given you are exposed to further understandings which test your attachment to the knowledge you have accumulated over the years; knowledge you let go so you can learn anew. Increase comes to the open heart and the spirit that is concerned only with its desire to lose itself in the will of the greater life and remain true to its destiny. This comprehension of truth is real knowledge and is earned. It is worked for. It is experienced. It is absorbed. It is shared.

Real learning through spiritual teachings is different from learning with the physical mind. It is not necessary to remember anything. According to your capabilities you become like a sponge, absorbing from the world of spirit what you are able to according to the desire of your heart. You absorb the love and all that accompanies spiritual teachings. You absorb the spiritual vibration. This is what you either accept or reject.

When you use common sense it can be your guideline as to what to accept and what to reject. When you have no idea and

no opinion you are open to all that comes your way. With practice, as incoming knowledge comes into contact with the outer reaches of your aura, in less than a second you either reject what you know is not the vibration you are seeking or you accept it as compatible with the spirit of who you are. What you absorb then becomes part of your thinking and attracts appropriate experiences and people. You change physically, mentally and emotionally. You experience the world differently.

The teachers, helpers and loved ones, the not-so-wonderful, the not-so-progressive and the not-so-nice are all around you, all waiting for you to choose who you will listen to, all waiting to see what you will accept when they speak to you. You have a panorama of choice available to you, dictated by the desires of your heart; desires you may not even be aware of.

When your yearning heart holds out for real truth you have to look within and face the reality of who you are. Only then can you realise the first step on the journey of change and expansion of your spirit. When who and what you accept causes you to change in an unacceptable way you will have to look within and ask yourself why. You will then have to empty your cup once more. It is so easy to accept as truth what makes you feel good but only real truth allows your spirit to expand so that a portion of the greater worlds can become available to you.

Flowers grow beautifully in pristine gardens and dung alike. Like the human spirit they can grow in all their beauty and glory wherever they are placed. All flowers of every colour and shape turn to the light for that is the direction of their life. As they face the light those who pass between them and the light create a shadow in the moment of their passing.

This shadow does not diminish the flowers in any way. They continue to face the direction of the light. They bask in their own glory for they appreciate that their beauty is because of the light. Those who admire these flowers appreciate their form, colour and perfume but the flowers are unaffected by this admiration.

This is a parable of the life of your spirit, which attracts myriad opportunities for its expansion when your heart is open. When you are emptied of all your strong beliefs, your heart can open. Your cup can be emptied so you can recognise and receive pearls of wisdom. Your cup may then become a chalice filled with a new wine.

For example:

When you are unhealthy you go to a health practitioner whose methods you believe in. You may remain with this health practitioner because of your belief and because you like and trust the person even though your health remains the same and there is no improvement. When you are open you may go to a health practitioner you do not believe in because your focus is on improving your health not on your belief system. You go to anyone who can show you a way to good health. Belief systems can inhibit the journey and become stumbling blocks to growth.

What is belief?

Belief can be an act of faith; i.e. acceptance that something is true because of your trust. This belief may be blind or it may be informed. When you believe, you accept not only *what* but also *how, when, where* and *why* things are that they are. You believe in those details and interpretations that are acceptable and possible for you to achieve. All else you discard.

When following the ways of evolved spirit you only have to believe in one thing and that is life. This belief in life is really a knowing and you experience this knowing as light, as do the flowers.

When you know about your life you are facing the light. When you know about the light you know about yourself. When you know about yourself you know about your spirit within. When you know about your spirit within that is your life you know of the greater life that gives you this life. You may not call it the Great Spirit. You may call it anything you wish but your belief is a knowing about the truth and reality of life and nothing else is important.

Although it is hard to let go everything you know and understand about life, although it is hard to let go your desire for safety and security, when you do you begin to travel through the teachings of faith that is a knowing, hope for a greater life and love that opens your heart. You are able to take that step into the unknown that leads to inevitable change from which there is no going back. Change can be traumatic in any circumstances but in this situation where there is no planning or security all can be viewed as an exciting adventure in life.

After the first step is taken everything touches you at the fringes of your aura and you know what is good for you and what is not. You know the vibration of love that brings truth to you. You know what to accept and what to reject because your eyes and heart are open. You are able to see and be unaffected by what is passing between you and the light, as do the flowers. Like the flowers nothing passing harms you for it is not absorbed into you. You only absorb what your heart desires and yearns for and your heart only desires and yearns for what can help your spirit within expand and grow.

For those who do not seek the expansion of the spirit, or whatever name they give it, the heart shuts its door. Nothing enters and it turns to stone. It shrivels within, as does the spirit which is confined to its residence, unable to express its light throughout all that is the person.

Allow no fear to prevent awareness and observance of all the possibilities in life. Without a strong belief system you can believe in everything that belongs to the worlds of the greater life. They can show you their aspects according to the desire of your heart, the state of your soul and the evolved yearning of your spirit.

Movement

Law of Movement
Health
Change
Airways of Learning

Wherever life exists there are natural laws that ensure a healthy lifestyle can be sustained. These laws generate processes and disciplines so physical, mental, emotional and spiritual health can be sustained. They apply to both the human being on Earth and the human spirit living in other worlds. Interpretation of these laws is adaptation to the differing materials of the bodies of life inhabiting various worlds.

What is health?

Health is the state of living in the best possible way, using all functions without pain. The natural laws of the universes and worlds that all life inhabits determine how to achieve good health. The first step is to become aware of these laws and ensure that each day they are followed to the best of your ability.

Let us look at the Law of Movement.

Movement is required for healthy living everywhere, wherever there is life. It is the interpretation of what constitutes movement that determines what is required for health. Movement contributes to health and health contributes to movement. This is relevant to both physical and spiritual worlds. The spirit is travelling. The human being is travelling. The Earth is travelling. The universe is travelling. Everything is travelling, reaching and extending towards the light according to its nature.

Life is constant movement. It is a swinging backwards and forwards, seeking to maintain a healthy equilibrium but never stopping when finding it for there is no such thing as perfect balance.

Because life is movement it is always open to change. Nothing at any time remains the same or stationary. Whatever is being thought or experienced lasts only for the moment which then becomes a beginning point of flow into a subsequent thought or event. It is important to seize the moment and live it fully for it is passing as you experience it. Once there is acceptance of constant movement the need for change can be understood.

Movement is required to maintain life because through the flow of all that makes up the being all is nourished. Without movement life atrophies and dies.

The Earth is matter in the forms of solid, liquid and gas. Gas is the lightest and its mass enables it to float further from the Earth. Solids, because of their weight and mass, remain permanently attached to the Earth. Fluids' mass enables gravity to hold them earthbound but not stationary. They can move easily across the Earth and adapt to the shape of their containers. The fluid that nourishes is water and it must flow through every part of the Earth to maintain life. Life requires water. Without it an area becomes arid and nothing can grow.

Like the Earth, the human being is nourished by fluids that travel via pathways throughout the body to nourish and maintain the life of each cell. Promotion of movement within the body is achieved through food and exercise. Exercise promotes the natural movement of the body's fluids. Because the heart pumps blood the best exercise to promote the movement of fluids throughout the body is exercise at a rate that contributes to the heart's natural speed of beating.

Exercise may be physical exercise for the body, mental effort for the brain, response to relationships with the environment and those living in it for the emotions and meditation or prayer to encourage memory and awareness of the soul and spirit within. An extension of awareness of the spirit within is reaching outward towards communication with the greater life including other spirits.

In spiritual worlds what corresponds to the fluids of physical life is more gaseous, etheric or light, depending upon where such life exists. Regardless, something flows through the being of life to nourish it and maintain its health.

On Earth the philosophy of movement provides a lot of work for you, the seeker of truth and is extra to what you must do to maintain your life. When you become aware of the laws of nature you can ensure that every day a little of each law is acknowledged. Your movement becomes according to purpose, differentiated from aimless busyness.

For example:

All the foods you eat can be divided into five categories of taste. In the meals each day you can ensure that all five tastes are ingested. This contributes to good health for it contributes to the movement of food through the body. It contributes to metabolism which is the movement of nutrients from the food that the body requires for good health.

You only have to look at how life progresses from birth to death and you can see the philosophy of movement in progress. When the body is active there is less movement within. When the body is resting there is greater movement within. During sleep state the body is very busy within, metabolising, growing and cleansing.

A newborn child moves very little in the outside world but while he is sleeping there is a great deal of movement within.

The cells of the body are multiplying and growth is taking place. As the child reaches a certain strength he takes an active place in the world, moving constantly all day without rest. During this time his growth slows. When he is rapidly growing he rests more and has longer sleeps at night. By early adulthood his activity and growth peak. At full maturity his growth and activity, having peaked, slowly modify and there is equilibrium between rest and activity.

As the years go by the pace of activity slows both internally and externally, contributing to the onset of older age. When activity and movement slow, nourishment slows and eventually the individual returns to the beginning point. In extreme age before death, like the newborn babe, there is almost no movement at all. Like the babe newly arrived in the world and sleeping a lot, the adult, preparing to pass sleeps a lot. Both the newborn babe and the aging adult live mainly in a twilight world between the physical and spiritual worlds.

Too little activity slows movement. Too much activity hastens movement beyond its natural speed. Both contribute to ill health. Small portions of food nourish the body and promote movement. Overindulgence slows movement both within and without. By ensuring that a little of all activities required for a healthy life take place each day every aspect of the human being is nourished and all is natural.

Just as exercise, eating and sleeping are natural, so also is communication with your spirit family in spirit worlds. It is natural to want to communicate with your loved ones, your teachers and helpers who have your best interests at heart. The movement of love between two worlds is natural and can flow unimpeded when the human body and spirit is as it should be. They have a lot in common. All human spirits inhabit both worlds at some time, so those in spirit who love you want to share your activities.

The Law of Movement is brought about through constant change. On a daily basis change takes place in yourself and in your environment but is often unnoticed because it is so gradual and natural. Practice in the art of change on a daily basis allows you to accept bigger changes when the need for them manifests.

While you are living the physical life your spirit nudges your soul and your soul nudges your body. When you acknowledge this nudging, the soul opens a doorway so your spirit can speak to your heart and initiate through change, awareness of a path of learning that encourages your evolvement to make sense. You receive opportunities to experience what you need so you may learn through the knowledge you seek, prepare for and work for. You receive signals that indicate these opportunities and appointments.

Knowledge relevant to your yearning and desire become available to you. At some point your mind and heart open to work in harmony but until that moment of comprehension nothing is clear.

One of the greatest indicators of what is available for you to accept, experience, achieve and learn is placed in the heavens. The varying relationships between the planets above signal times of opportunities and change as they are presented to you. These signals are individual to all people.

When you relate these indicators to your physical life you are able to conduct your life in a manner that is inductive to your well-being upon Earth.

When you relate these indicators to your soul life you are able to comprehend life upon Earth as originating from different times and places and expand your view of life accordingly. You are able to recall, through déjà vu, some aspects of memory.

When you relate these indicators to your spiritual life you are able to comprehend a greater purpose in life than what is seen upon Earth. This opens the way for awareness of available avenues for your progression through life.

The planets often make three connections with you in one period of time. This is a pattern that is repeated many times with some planets throughout your life. Early in life reactions to a planetary contact is usually on a physical level. The second contact is often on a soul level. When progression and growth is a result of the second contact the third contact may be on a more spiritual level, often signaling important appointments and events.

The path of spiritual awareness takes courage because it brings dramatic change on all levels but growth is natural. It is the natural movement through change over a long period of time so the cells of the physical body can safely absorb higher spiritual vibrations without overtaxing the nervous system.

Although the teaching spirit stands waiting for all, they come to those who allow themselves the appropriate lifestyle that encourages contact. You have to create the environment that can attract them. This environment is not only the lifestyle your physical body lives in but is also the environment of your physical body, your soul and your spirit. Love is the vibration that carries teachings of truth and it fills not only your heart but every cell of your body.

It is difficult in these busy times that create nervous minds to enable the voice and vibration of the teaching spirit to come close. It takes response to the Law of Movement with acceptance of the changes it heralds. It takes the achieving of the strength of good health. It takes effort, not only from you upon Earth but also from those in the worlds of spirit, to raise the vibration of every cell within your body so you may draw in love, teachings and light.

To see, hear and learn from the teaching spirit is natural but it is worked for. Contact is according to mutual desire, one to the other, through the Law of Attraction. Communication is not a personal attribute. It is a natural process for spirit to make its way home. The spirit always reaches upwards for guidance and teaching from those in higher realms of light and inspiration.

Throughout Earth life, planetary aspects signal the opening of the airways. The opening of the gate to an airway is a cumbersome affair and is reliant upon individual growth. The clanging of it shutting before you is deafening when the desire of your heart is not appropriate to the available learning within the airway. The greatest learning that can approach you is a spiritual light but it cannot go through the gateway towards you unless you have the same velocity within to attract it. When you do not, the gate clangs shut.

The Law of Movement brings change that gives you opportunities to learn upon the Earth how to develop your physical life in such a way that it encourages the spiritual light within to grow. Then a particular airway may open to you. Each airway brings specific knowledge and learning. Some airways open every day of your life. Major airways open in cycles over a period of many years. These are easily recognised by the major changes they bring.

As you become more attuned to the higher vibration of spirit you become aware of its approach. These are times for retreat, prayer and a simple lifestyle. These are times for acceptance of what spirit brings because it is accompanied by joy.

Spiritual development is a journey made alone, for others do not always recognise or appreciate the changes you initiate and experience. They can cause others to retreat.

We are no different, you and I. We share a wonderful journey that opens our hearts and minds to the magnificence of the learning available to us as we speed on the journey towards our home, closer to the heart of the greater life.

Acceptance

Generation
Inheritance
Steps to Acceptance

Acceptance takes many steps to achieve. It is a difficult concept to comprehend and put into your life because at first it appears to remove your free will. As you progress through the laid steps that lead to acceptance you come to realise that it is only possible when you hand your will over to a greater will. You may then achieve what you came to Earth to achieve, remembering that karmic dues and physical life take precedence over any work of service for others.

A healthy view of work is to see yourself living your life fully, absorbing all that it offers and giving up none of what you desire to do.

When your focus is upon giving meaning to your life so that by the time you leave you feel you have achieved something not only for self but for those who need someone to do something for them, your goal is with the greater life.

The greater will knows the intention of your heart. It delivers its message through emissaries who are your teachers, helpers and loved ones so you can hear their promptings and place your steps where they need to be. You will then be facing the direction of a worthwhile task at the correct time.

Because thinking and action is linear on Earth everything takes a long time and requires a lot of preparation by yourself and those in spirit. When you look at your life and review it from the point you are at now to as far back as you can remember you will discover that you have desires and goals. Because you have these desires and goals it is important that you do them, whatever they are. You are here to experience physical life and experience it you must.

You inherit what you need to do from the generations before you. All is passed to you through the blood. Within the blood, within the DNA, is everything you need. You cannot do everything that you see others doing, but when you follow your heart's desire it is because it is stamped in your DNA. This is the reason that karmic dues are inherited.

You have to take great care about what you think, say and do when it influences other people because you tie yourself to others by your influence. Should it not be the best influence and it sends another in a different direction your tie to that person is cemented and needs to be rectified in a future time if it cannot be rectified in present.

How does this happen?

It happens through the blood, through the inherited qualities of generations. Because you are tied to someone through your influence you have the opportunity in a future time to meet and rectify the situation. This is imprinted in the DNA, in the blood. You may be joined through family or through attraction to a similar pattern within the other person's blood, which gives you an opportunity to meet and experience time together.

As you build your environment upon the foundation of destiny that is the inherited qualities within your blood it signals your golden road. The timing of meeting is according to the planets in the sky which influence human beings in various ways throughout their time upon Earth.

The planets trigger movement in the blood and DNA, opening the door to the knowledge within which is instinctual. The fluids of the body, including the blood, are the expression of your soul so it is natural for your golden path to be imprinted in this place. This is how the importance of your meeting is made apparent to you.

The planets open the door for the soul's expression through certain conjunctions and sextiles that bring energy and opportunity to achieve your desires. Certain squares and oppositions bring the challenges and strength of purpose to fulfil karmic dues that need to be dealt with and put to rest. This is why karmic dues and the desires for experiences come first in life. They are already imprinted in who you are.

Health is an important part of achieving everything that needs to be achieved because good health promotes healthy blood. The signals may then be read at the appropriate time as may the promptings of spirit which travel via the airways. Your dream can become a plan that can be put in place and achieved.

Many may oppose what you wish to achieve because by using the physical mind they compare. For whatever reason they will not encourage another to be a rising star that can be placed above them. This is why it is important to find strength of purpose which can be achieved through good health.

For many people good health has to be pursued. This is an arduous journey because during the process you can rely upon the words of others instead of recognising signals from within your heart that will direct you to where you need to be to discover the steps that lead to good health. It is more difficult to follow the heart than to tune in to the common mind, the common thoughts and the common trends of knowledge that circulate through your community.

Everything you need for your life is imprinted in your DNA, in your blood. No matter how small, how big or on what subject it is there. What it needs to be heard is for you to achieve the health and the desire to open the door to hear the voice of we may say, your recording which can remind you of your goals and desires. Should you be able to do this alone it will give you

the strength of purpose to build your path without being reliant upon the advice or opinions of others.

Should you be a person always seeking opinions and advice look at the person you are talking to and ask yourself:

Is this person achieving his goals?
Is this person listening to the yearning of his heart?
Is this person active; moving and influencing for good, all around him?

If the answer is no you do not need his idea.

- ❖ The first step in achieving acceptance is recognising that you know within what is best for you. Once this first step is taken and you are resolved to live with what you know, you are ready to proceed by opening the door or turning on the light to have access to this knowledge within which you have brought with you to Earth. One way to achieve this is through good health.
- ❖ The second step in achieving acceptance is self-confidence.
- ❖ The third step is strength of purpose.
- ❖ The fourth step is perseverance; the ability to pursue the goal no matter the difficulties or the time it takes.

All the aforementioned situations need time. This is why we need your maturity. When you have the confidence to pursue your goals and not be fazed at either their success or failure you can initiate some service for others.

Many people leave everything until their later years. They chase their physical goals, achieve what they set out to achieve and then have time to sit quietly in their ageing and

analyse what they have done up to this point. In many cases they are horrified at the speed with which time has passed, especially when they realise that all they have done is accumulate possessions and people.

Even the knowledge they have absorbed cannot be counted because with the passing years it becomes obsolete as new ideas encircle the globe, taking a younger generation into the future in a different direction.

The earlier you recognise and understand the steps leading to *acceptance* the more time you have to realise your spiritual direction upon Earth. This is not achieving what is termed the gifts of spirit; clairaudience, clairsentience, psychic vision or mediumship. It is opening the door within you to the knowledge of what you can do naturally without spending time trying to develop these so-called gifts. What is yours to do is already within you. All it needs is your acceptance of its existence and your understanding of how to use what is yours to use.

You will have achieved your desires by this time if you could but if you haven't you can either continue to spend your later years trying to do so or you can move in a new direction.

When you have achieved your desires you want to move in a new direction with a new sense of purpose because you want to experience a greater understanding concerning the reason for your existence on Earth. You find yourself looking skywards towards the greater beyond with more questions and pleas for guidance.

Look to the greater beyond, but at the same time look within yourself, for once you open the door to your DNA you can hear the recording of your soul, joyfully expounding to you what you can do. Because it is within you it is yours to do and so it is joyful. It is exciting. It creates purpose.

The fifth step to acceptance is learning to just *be*; to become still and live in the moment of now; to not try to achieve. This is a great revelation that takes maturity. The words sound simple but to be able to just *be* is difficult, for it implies that you have no goal. It implies that you have no desire. It implies that you are open to receive new ideas.

To just *be* really means that the door within you has already been opened. You have heard what you need to hear and you know what you are going to do. You have started the process but do not know how the task will happen, when it will happen, why it will take place and who it is for.

This final step is all that is left. You can only once again look skywards, this time without a plea, and hand your will to the greater life because you have no desire, no goal and no idea. You have achieved your material desires. You have heard what your soul has told you. Now you are truly ready to hear the voice of spirit, the emissaries; those who can help you put into place what needs to be put into place; those who can teach your spirit to expand and can bring you a taste of heaven.

What this will achieve is your ability to walk the rest of your days in whatever way you choose. Whether you are alone or with companionship, by handing your will to the greater life you are learning to be in the world but not of it. This means every facet of Earth life brings joy because you are observant of every little thing that is taking place every moment. This causes your heart to sing as you notice just how much life there is around you in small ways and great ways. Your life is becoming a prayer to the greater life.

Evolution

Hosting
Evolvement of the Body
Expansion of the Spirit
Two minds of Man

Evolution takes a long time. Progress takes a long time. Everything that has life has to change and evolve. Changes are slow so the journey of life is long.

The body of man comes from the Earth and its traits mirror the Earth. As the Earth evolves so does the body of man. People have beliefs about things spiritual and transcendental. They decide how to apply these beliefs to their lives by setting physical standards for themselves that can go beyond the evolutionary stage of their physical bodies.

The Earth hosts many life forms. The body of man is only one. Because the Earth hosts many life forms the body of man is capable of doing the same. The Earth furnishes the spirit of man, which it hosts with a physical body, making it possible for the spirit to remain on Earth for a period of time. Because the body mirrors the Earth it also is a host. It hosts the human spirit and the human soul, both from dimensions beyond physical Earth.

The spirit of man has to live in this foreign body symbiotically with everything else belonging to the Earth that also lives in it. There are all sorts of other life forms within, e.g. parasites and bacteria. There is the generation of new life through offspring. All can live within the human body without the body's mind being aware of their existence especially when the body is in a state of good health.

One way man can manage such a situation is to facilitate expansion of his spirit. Because the Law of Progress is initiated from the highest, which within the human being is the spirit the

goal is to draw all that makes up the human being to this level. When this happens the influence of Earth traits, one of which is hosting, lessens and the might of spiritual qualities intensifies. This is evolution. This is progress and one way to achieve it is through good health.

People's perceptions of what is spiritual can cause them to become confused about physical life. They seek to become what they cannot become at the present time and make the body sick by trying. The desire for spiritual progress can produce what people term spiritual goals that cause conflict with physical life.

Remember, to be given the opportunity to live upon Earth means that the life of the Earth is to be embraced. The only spiritual goal should be to apply spiritual qualities to Earth life; e.g. develop compassion to replace pity, develop humility to replace pride.

Man’s body is attuned to the evolution of the Earth and vice versa. This is in accordance with that great testimony of the master,

Render unto Caesar what is Caesar's and unto God what is God's.

As in all spiritual teachings there are many interpretations of simple statements. All statements about spiritual concerns can be likened to the diamond in their many facets of truth, the fire of each facet released according to the perception of each person.

By becoming clear about the difference between the evolution of the body and the expansion of the spirit man is humbled. He has to accept the environment his spirit has been placed in. His spirit is humbled upon Earth.

Can the body evolve?

The physical body is the same for all people, for all races and all nations. It houses the life of the spirit which gives it life. The make-up of the physical body is identical from one end of the Earth to the other, no matter the culture, race or nation.

Life comes from one: the one spirit, the one seed of life. What is one comes from the Source, but the human being cannot understand what comes before one. When the spirit of life comes to the Earth it leads a double life. It continues to live in the spirit world and in the physical world which creates balance.

This double life is also reflected physically. The human body is one yet everything in it is doubled, which creates balance. The body has two hands, two eyes and two throats, one for eating and one for breathing. Of everything that is doubled when one is lost nothing can be done properly. When one leg or hand is lost you cannot work or move properly. This is the meaning of balance. Many people talk about balance and cannot explain what it means. To reflect this philosophy and find balance, the life of the spirit needs to be acknowledged and incorporated into physical life.

The genus of the human spirit, because of its desire for a more efficient environment, can cause the body to become more than what it is now but the journey of this physical evolvement takes a long time. The DNA, while having the spiritual imprint, also has the imprint of existing physical, evolutionary possibilities of the physical body making it what it is and what it can be.

Mathematics describes the movement of the universe and all its life forms. For the human body to evolve to a more ethereal state a change to its mathematical formula has to come about. This cannot be changed quickly so the status quo needs to be accepted at this time.

The desire to etherealise and spiritualise the human body is the reflection of a spiritual goal for the expansion and eventual ascension of the human spirit from the Earth. People may seek to draw the human body up with the spirit but there are many things to be considered for this to become even possible.

For example:

Good health has to be sought for, first by maintaining a slightly fluctuating but desirable balance between an acidic and alkaline state in the body. This takes discipline because many factors influence the balance, e.g. emotions, food, lifestyle.

For example:

The state of mind has to be harmonious. Because the state of mind reflects the personality that the environment has created to allow for the individual's desires to be actuated there are limitations to making the expression of joy a permanent resident. Without joy digestion cannot create a healthy balance between acidity and alkalinity.

These are two examples of the many interlocking and interlinking aspects of the wheel that rolls with its turning through the lives of all people.

People inherit different physical characteristics but it is the mind and the lifestyle reacting to a chosen environment that causes each body to become degraded or refined. A family line gives the propensity for refinement or coarseness but either can be achieved. It sometimes just takes more work.

This is why we say not to apply everything you see to *self*. Look beyond self. Learn to see all human beings as one family – each person as important as the other.

An individual cannot do anything and everything. When he finds the imprint and spiritual recording within and follows its direction it can tell him what is more likely to be achieved.

Accept the evolutionary state of the body at this time. Taking into account variances between cultures the human body is the same for both ennobled spirits and childlike spirits who come to Earth. It is how the body and its mind are permitted to function in the chosen or created environment that is important.

Expansion of the human spirit.

Spirit comes to Earth. All that is needed to aid in its expansion has been learnt and practised in the spirit world. Now these concepts have to be re-discovered through the soul and applied to physical life.

This is an enormous task. It is part of a greater work that is more important than an individual life. The greater work is one aspect of the Diamond of Truth. Unselfishness is a greater cause than selfishness. The promotion of good is a greater cause than the promotion of the desires of an individual.

It is important that the spiritual mind becomes master of the physical mind. When the physical mind becomes the servant of the spiritual mind two aspects of the evolutionary process become possible.

The first aspect is the etherealisation of the physical body to some small degree. This really means raising its vibration so it becomes finer, more sensitive and more translucent. This allows the spirit to function more effectively and the soul to absorb a wider panorama of guidance from the greater world.

This comes about through the process of purification which is why we say the cycle of man's regeneration has become a cycle of purification at this time. The dross must fall away from the soul through a purification process that

eventually leads to the final ascension of the human spirit from the Earth.

During this process physical health improves and pain reduces. More joy is apparent and birth and death viewed more as a transition. Love associations and communication between worlds are less arduous, more natural and more encompassing. The presence, love and support of spiritual counterparts in other worlds become a greater reality.

The second aspect, as spiritual goals become realised, is the building of the spiritual vehicle that, on the passing, takes the spirit to its present place of evolvement, its present home. This vehicle is built with thoughts, aspirations, actions, memories and travel during sleep. On the passing it takes the spirit to the highest, most noble place it can reach. Here the spirit is attuned with loved ones.

Thoughts and words can flick between the physical mind and the spiritual mind when the spiritual mind is allowed to give voice, even in a limited manner. People may be unaware of the difference between these two minds and become confused and bewildered. Disjointed speech can result.

Everyone wishes to be with people or at least someone who understands how they think and how they feel, but when they become confused about what is happening within they can become confused about how to interact with other people. The result can be loneliness.

When the physical mind is in control, associations with people are on a physical level. They share the time happily, relating to physical life in every way. They find pleasure in company, conversation and activities. This is as far as it goes. When the individual is alone and quietly reflects in the evening he may find disquiet within his mind. Uncomfortable with this disquiet, he makes the television and other activities louder and his conversation more frequent.

At some stage when the disquiet becomes so strong the individual may reflect upon his feeling of emptiness, not understanding its presence because his life is filled with activities and friends. This is the way the physical mind leads the individual through life.

When the spiritual mind is in control it also seeks companionship but from those who relate to physical life with spiritual perceptions. These levels of perceptions are unlimited. There are as many levels as there are individuals. They are not really levels but the word gives an appropriate insight.

Spiritual levels do not mean expounded learned knowledge of spiritual affairs from books, groups and discussions. They are the true state of evolvement of the spirit, soul and heart as expressed through every thought, word and action. Spiritual relates to the greater life not academic learning.

In those who relate more to the spiritual aspects of life that they apply to their daily life when their physical mind periodically surfaces and demands association with people on a physical level, disorientation can result. This is because the voice of the physical mind is normally slight and allowed such a short time there is little chance to find someone on that level.

When the spiritual mind is mainly in control, unless it is written in the DNA imprint as part of the purpose of life, these people cannot relate only on a personal level because their view of life is wider, incorporating all people as part of the human family. To others this appears a lonely life.

Once they understand this process loneliness dissolves. The inner life becomes all-encompassing and rich with much to learn and much to put in place to ensure the evolvement, first of their own bodies, souls and spirits and secondly all others they come into contact with. Their movement between

the two worlds is constant and those in spirit learn as much from them as those upon the Earth.

As in all philosophy everything is doubled. This is how an aspect of truth is recognised. The subject of evolution, being doubled, shows the evolution of the human spirit and the physical human counterpart simultaneously.

There is much to be done and we all work together for we are no different, you and I. We are all servants of the greater life.

Good and Evil

Original Plan for Man
Living with Good and Evil
Growing Out of Evil

Creation works from the Divine down. Spirit works from the highest evolved spiritual realms down. The human spirit works from its spiritual nature down to its physical nature.

All that happens upon Earth has its origins in the worlds of spirit. The spiritual worlds relating to the human spirit are dedicated to bringing life upon Earth back to a state of grace through spiritual awareness, retribution, purification and evolvement.

The original plan for the human spiritual family and its evolvement through the worlds of light and life has changed since the Fall of Man. It has deviated down a path that not only allows evil ways to exist upon Earth but encourages them.

Not all souls wish to right the great wrong that has happened to the spiritual human family. Those who do not want to make changes for good do everything they can to ensure their existing predilection for evil ways continues. Those who want to return to the path of light, with its hope for a future greater than what exists upon the Earth today, work to contribute to the changes that are necessary for life to return to a more enlightened state.

The destination of each man upon his passing from Earth is according to the desire of his heart, yearning of his spirit and the state of his soul. The spiritual worlds that can be reached are as varied as the individuals who live there. It is these same states of his soul, heart and spirit that bring man to Earth with its opportunities for retribution and progression.

What do we see upon the Earth today?

From our vantage when we look down upon Earth, we see a checkerboard of black and white; good and evil living side-by-side in the same place. The Earth is a place where good and evil can exist side by side simultaneously.

Why is this so?

This can only be so because both good and evil exist simultaneously within each individual associated with the Earth. Evil may exist within each heart at this present moment or have been part of its past, leaving memories in the soul. Once either one or the other is eliminated from the individual the Earth is no longer a place for that soul.

The Earth is a place for those who have both the dark and the light within. This is a hard reality to accept so a little imagination can help. Visualise yourself in certain situations and you will see what you are capable of under certain circumstances. Even though what you are capable of is not of your desire or wish it is still latent within you, either as a memory in your soul from past experiences or because of the need for growth through current or future retribution; a time when evil may have to be faced once again.

We look down through the mists. We see this checkerboard and we are sad. Those who have to live the life of the checkerboard have to experience contrasts in everything; joy and sorrow, good and evil, light and dark, companionship and loneliness, pain and euphoria. They are forever trying to find a balance between two concepts; two coming from one and one coming from nothing.

This cannot be changed at this time and its most dramatic reflection is the simultaneous experience of both the finite world and infinite worlds. Great goodness, beauty, evolvement and light close to the highest spiritual realms cannot be truly understood by the human being. Neither can

the result of terrible evil even though it seems at times to exist upon Earth today.

What is good?

Good is the presence of the light that naturally dispels darkness and evil. Light radiates what the greater life offers the Earth so all light is progress. The greater the light and love within people, the greater the light and love attracted to the Earth. The presence of every person upon Earth is capable of attracting this light of goodness that can grow and eliminate all shadows.

What is evil?

Evil is everything and everyone who seeks to turn man from his path of light that is leading him to the greater life; his home in worlds of light.

What is good as opposed to evil?

Good is everything that ennobles the human being. The qualities of the greater life he can draw to himself are qualities that are in abundance in the home of the human spiritual family.

The home of the human spiritual family is the goal of all men and women whether they realise it or not. They cannot always realise this upon Earth because the physical mind is so strong it overrides everything that cannot be seen with human eyes.

The only way to disregard the governance of the human eyes and see further afield than this finite world is to understand the great qualities of faith, hope, and charity. It is not without reason that the Master spoke constantly of these qualities. They are the basis of all steps on the path that the

human being travels to reach a life greater and more beautiful than what can be seen and experienced upon Earth.

When man's vision is limited only to the Earth he will do anything to maintain his way of life upon Earth, seeing it as his only chance to be and have the life he desires. He prefers not to weigh up the consequences of his actions and take responsibility for himself. He sees himself as the centre of his universe, able to construct all according to his imagination and will.

He rules his kingdom even if there is only one in the kingdom. As king he does what he wants without regard for anyone else. When he wishes to take something, he takes it. When he wishes to give vent to his emotions, he does so. When he wishes to say what he wants, he speaks without forethought. Whether another is harmed in any way or dies as a result of any of his words or actions is irrelevant to him.

As he lives upon Earth according to these ways of evil, when he leaves the Earth he continues to live the same way in an etheric world, where every thought, whim and action manifests immediately at its birth. The cycle of evil and violence continues with his passing, unable to be changed except through his own desire to make changes within himself.

Natural laws apply to all kingdoms of life regardless of their level of evolvement. The wheel of life turns perfectly and is unbending in its justice. Should an individual not wish to change, he will not. Should he wish to continue to live as he always has, glorying in the ways of evil, he will do so; becoming more degraded the further down this path he goes. This is the ultimate in choice and free will available to all human beings.

The same principles apply to man who seeks to progress towards light and joy. No matter how hard the task, through his yearning heart he continues for he is determined to reach his goal.

Because the human spiritual family in each changing moment is so clearly divided into two factions – those who are progressing towards the light and those who are regressing towards the darkest possible ways – this division can easily be seen. They are facing different directions with their backs to each other while at the same time encircling each other with their intermingling lives.

Change takes a long time. All those related to the Earth, whether they continue to come back or not, are related to everybody upon Earth at some stage. It is as though people in the family are taking turns to fulfil some position – some task – upon Earth.

The balance is always in favour of the light because the power of the greater life is all that there is. The natural instinct of the spirit light that emanates or has emanated from the will of this life is at one with it. The greater life is its gravity. It is the power that pulls it. It is its draw card. Because of this good always has the slightly upper hand.

The greatest manifestations of evil upon Earth are hunger, poverty and violence. They have an air of abysmal hopelessness about them because they reflect the degenerating soul that is sinking into the equivalent state of spiritual poverty.

Although they are part of Earth life, poverty, hunger and violence originate in etheric worlds, the result of lack of compliance with the greater will, withdrawal, or a desire to go alone on a journey according to free will.

These aberrations of poverty, hunger and violence reflect the general stage of evolvement of the human race upon Earth. Their presence indicates a major step in the work that has to be done.

It is important to banish their existence. It is important that those in positions of affluence and earthly power do

something for the people living in these conditions. This task is theirs to accomplish. Whether something is done in a small or large way it is within their capabilities to contribute to the elimination of hunger, poverty and violence. Ignoring these conditions is acceptance of their existence and an inability to make use of an opportunity for the progression of the human family.

The individual may ask: *What can I do?*

He may not have the material power and resources to do something about poverty, hunger and violence. Unless he has a predestined desire to actively work for their elimination the individual can only work to eliminate ignorance of their ramifications.

He can ask for the wisdom of the greater life to help. He can ask for the spiritual teachers to assist; to send a light to the world to which he can contribute so that those in the position to achieve a result are inclined to do so. This is awareness. This is caring. This is love. This is sharing what he has: the greatness of his heart.

Through its presence the light of goodness dispels darkness and evil. This is no selfish light. This is the light of progress. This is the light that radiates love from the greater life and it is capable of being attracted to the Earth. The greater the light and love within the individual, the greater the light and love from the greater life attracted to the Earth. The presence of everyone upon Earth can attract this light of goodness that can grow.

It is of paramount importance that hunger, poverty and violence are eliminated from the Earth. When this occurs the human family as a whole will be winging its way once more to the enlightened state of living it is destined for, encouraged by those in the worlds of spirit who are involved with Earth life.

There is no selfish way to progress. Individual development is meaningless for man because he is not upon Earth just for himself. Individual progression is one of but not the only reason for incarnating upon Earth. A major reason for coming to Earth is to produce a greater light for good that can encourage the progression of all men and women and the whole spiritual family of man. How the individual achieves this purpose contributes to his own progression.

He plans his road of opportunities before arriving at this place to contribute to the greater good. Whatever he achieves it is worthwhile. Not everyone who helps others does so in the glare of public awareness. Many go about their business quietly, doing the best they can in the life they have chosen.

Should an individual only achieve a lifetime of good thoughts, it contributes to raising the vibration of the Earth and weakening the dominance of evil ways; making possible an adjustment in the direction of the Earth's travels as it makes its passage towards the light of the greater life.

Such change is phenomenal. It is no small thing to think pure thoughts. It is no small thing to do good deeds for others. These thoughts and actions radiate to all who live upon Earth. Their expression is felt as kindness, gentleness and inner strength.

We ask a great blessing for everyone upon Earth who radiate gentleness, kindness, strength, hope and love for they contribute to the speedy revolution of the Earth around the spiritual sun of light which is the power that enables everyone to make their way home.

For those spirits associated to the Earth who are living in the worlds of spirit we also ask a blessing in thanks for what they contribute in aid, love and support to those living upon Earth. Theirs is a loving service that is needed so desperately

by all who live in this place where good and evil are present side by side.

Let us pray that we may all be worthy of the road that has been laid for us to travel towards a life lived only in expression of a greater will.

Interpenetrating Worlds

Spiritual Worlds and Earth
Plans for Life
Human Family
Simultaneous habitats

Natural law never changes. Its principles operate always but their application adjusts to suit each environment.

The physical world is dense, heavy and linear in application. This makes it finite with limitations of time and space, with at the present time, a short life span for its inhabitants. Because of the linear application of thoughts and actions perceptions of their consequences are also linear. This results in a microscopic view of reward and punishment for thoughts and actions in physical life.

Life in other worlds is not finite. The infinite aspects of life in other worlds are more evident but the way of living is familiar because the philosophy underpinning activities in other worlds is reflected upon Earth.

When the human spirit comes to Earth this event is first actuated from the world of spirit. There is a specific purpose and a specific reason for a spirit's entry to Earth. Everything has its time and there is a time for everything.

Personal responsibility for the growth of awareness is more apparent in the worlds of spirit than upon Earth because all are in a place that quickly actuates the desire for progression. The learning available is according to the seeds sown by the desire of the heart. This draws toward the soul all it needs for those seeds to sprout and flourish. The teachers and helpers who have experience of a particular aspect of the journey being faced draw close. Others with similar aspirations share the journey.

As life is movement and movement includes work, desire attracts learning required for growth. This includes work which is part of the process. Guidance and teaching is given by those with greater knowledge to people in all worlds of spirit, just as it is given to the human spirit upon Earth. Service and help are synonymous with progression and growth in all worlds of life but are more visible in the worlds of spirit than upon Earth.

Because all philosophy originates in the worlds of spirit those living there experience time but their experience of it is different. It is more a timing of movement producing destination, lessons and helpers in service. The intricacies of movement are complex; many souls going in different directions for varying periods and reasons. The duration of individual learning anywhere evolves according to the strength of each soul's need and desire.

Life upon Earth is a strengthening process for the soul. Earth provides a tremendous opportunity for expansion of the spirit. It is a place to consolidate spiritual concepts advanced in the worlds of spirit. This is because of the simultaneous presence of good and evil that tests the true progress of the heart and soul.

In the spirit worlds the soul learns the plan for its Earth life to come and the learning it wishes to consolidate. The people, events and experiences belonging to the golden path that is its best path of travel are within those memories of the soul that upon Earth it can recall for what it needs to do to promote its own growth and the growth of all with whom it has contact.

All people upon Earth have to open the door to the soul so it can talk to the heart about the best direction in life. There is no need to look outwards to others for advice. The heart listens to the soul. When the soul is driven by the spirit, the spirit is able to direct the way.

This is easier to achieve when living in an environment that increases self-confidence and strength of purpose for these qualities override any difficulties associated with the path of destiny. Although obstacles are presented, when vision is clear and focus is sharp signposts that can show the way forwards are more clearly seen.

No matter how foolish the urge to achieve a personal goal appears to others when it springs from the heart it is for the individual to attempt. It is not the goal that is foolish. It is the reactions of others. The heart generates the desire which is accompanied by excitement when the correct steps are contemplated.

It is hard for people to believe in themselves and begin a venture that is close to the heart when others do not trust their choice. It is hard to achieve self-confidence because of the existence of evil alongside good. Evil always seeks to destroy what is good in people. Remove self-confidence and people hesitate to take the direction of the light.

Some people's lives are out of their control. They have no choice of direction. It is hard for them to view people or have anything in common with those who are able to wake up in the morning and do whatever they choose. It is hard for those trapped in poverty, violence and hunger to imagine a life where people can not only eat as much as they want but can eat whatever they want and each day is not spent trying to survive.

Life does not appear fair. We do not know the reason why others come to the Earth. Those who are in a situation they can do nothing about may have to learn or understand what it is like to patiently wait for release, without bitterness and hopelessness turning their hearts to stone. Their next place of residence must surely be a reuniting with love; with oneness with the greater life.

Those who live an ordinary life have the time to draw a light into the Earth with their thoughts and actions. The illumination from this light can be so powerful that when it shines on those who are desperate their souls lift and they feel hope. They feel that there must be a reason for their lives of despair. They may come to understand that because the Earth is ruled by time their painful journey will come to an end. This door will close and a new door will open.

When any stray from the ways of light, from the will of the greater life, it is always a painful process to live in a place where the wheel has to turn 180° so they can face the light again. The turn is painful. There are many brave and courageous people upon Earth who are making that turn.

Macrocosmically the Earth is a wheel that is rolling through vast expanses according to the predominant predisposition of its inhabitants for good or evil. Earth is a place where free will, so valued, is really the choice to follow a path that leads to the greater worlds of light or retreat to the depths of selfishness, darkness, despair and possible annihilation. Microcosmically the individual chooses his direction of travel every moment of each day with the thoughts he thinks and the actions he takes.

How does the karmatic wheel of life turn?

The Wheel of Karma responds to the larger picture of life. In its turning, as it rolls through everyone's life, it picks up *all* thoughts, words and actions and rolls in the general direction focused on in all hearts and souls. Isolated thoughts, words and actions do not have a repercussion that sets the turning of the wheel in motion.

This wheel of life is associated with memory. It enables everyone to relive and re-evaluate events and desires from previous experiences that remain within as memories. It takes all people to a place where they need to be, where they may

have been before and where there is something they need to do.

Sometimes there is little to learn and experience when the soul revisits a place for a specific purpose. It may be returning to help another so may only require only a short time in a particular situation. When there is a lot to learn and experience the time spent in a particular situation may be longer.

Everyone remains on a plane of life, wherever it is, for as long as is necessary to accomplish what needs to be accomplished. Each person inherits the body that can fulfil the required task in the required length of time, so the length of the life of the body encasing the soul is for this predestined time.

Wherever the mind has an interest there the soul will be at some stage. The wheel rolls as a weaving, forwards and backwards, up and down, side to side; according to the direction the yearning of the heart and soul determine. The soul revisits where it needs to revisit. It leaves a place forever when its progression and the progression of those it loves move beyond what a place has to offer. All go to where their souls need to be.

People say:
I never want to come back to Earth.

What does this mean?

It means that the words *free will* have been misunderstood. Choices in life that are presented determine an upward movement of progression or a downward movement of regression. The soul knows which choice has been made and why it has been made. It does not wish to return and experience the result of the choice when the result is not of its desire. The above statement often applies to those who

experience a lack but do not make appropriate changes and move forward.

When people's focus is towards the light of spiritual understanding that goes beyond application to their personal lives, they are looking towards a world of greater light. The family of the human spirit is immeasurable in size compared with the nuclear family of Earth. It is more extensive than the sum total of all people one person meets, speaks with and associates with on Earth.

When people's focus is the spiritual progression of the human family the greater light becomes a world that is their objective. Such a world of light seems as an arrival. It seems as hope for a chosen future. From the Earthly perspective those who inhabit such a world or come from a greater place of ascension to teach, seem as gods: all-wise, all-knowing, all light, pure. They are the arrival. They are the objective. They are what the human being is aspiring to.

Remembering the application of spiritual philosophy, this is not so. These greater beings of light do not represent arrival. They are sharing the knowledge and wisdom they have accrued throughout their lives to help those on a journey they have already made. They are a signpost. They are a signal. They have laid the path and are guiding all either towards it or along it.

It is the free will of the individual to absorb the essence of what they teach. What can be absorbed can only be according to the individual's heart which dictates what the soul can accept. This is another understanding of the use of parables in teaching.

Let us look at parables for a moment. Let us look at why a Master speaks in parables.

When a teacher of greater enlightenment than the student speaks he speaks not only to the physical mind but also to the spiritual mind. Those who listen or read his teachings absorb according to their capacity. When the Master speaks it is as though he is constructing a cake that is built up, layer upon layer upon layer.

Depending upon people's existing layers of spiritual comprehension, focus, present destination and spiritual progression, they capture an aspect of teaching at the layer they are matured to.

Many people ask about the passing from physical life to the worlds beyond; where they are going, what it will be like and who will be waiting to meet them. Rest assured that life is the same in the worlds of spirit but without finite and linear applications to understandings and movement that exist upon Earth.

How does the human spirit on Earth prepare for a new habitat in the worlds of spirit?

As upon Earth the spirit sleeps. Upon Earth sleep is necessary to cleanse the blood and all cells in the human body. Sleep is significant in another way. During this cleansing process the physical conscious awareness rests and the spiritual awareness extends beyond the physical world and the body. It travels in the direction that the focus of thoughts, words and actions in Earth life has chosen. It travels to those places and areas with which it is compatible. It is preparing for the journey after its passing from physical life.

On the passing the human spirit does not go to a world as lonely as the Earth. It is greeted by loved ones who are compatible with its evolvement. It is taken care of and eased into a life already prepared for during times of spiritual

connection in sleep, meditation and the yearning expression of the heart in daily Earth life.

How does the passing between different worlds take place?

The law is the same everywhere. The process of transition or death is comparable everywhere. Where the spirit goes after the passing or transition depends upon its focus prior to the event. When the focus is upon physical life and self, the body, material thoughts and material activities, the spirit within begins to leave slowly over a period of years, so slowly, because it slowly becomes incompatible with a completely physical life.

When the focus is upon the greater life and the progress of the human family, the spirit remains more completely within the physical body while preparing for another habitat after the passing. This does not imply length of life. It implies fullness of life.

In spiritual worlds life also continues according to focus. The spirit's life is similar to Earth life in that the spirit also sleeps to prepare according to its focus, for another habitat in its journey through the many mansions of life even though habitats can be multiple and simultaneous because they are interpenetrating.

The spirit choosing to evolve towards a greater light grows and progresses through its actions just as the human spirit does upon Earth. When it is no longer attuned to a habitat the spirit gently withdraws from the body of light it is wrapped in; the form that attaches it to the habitat it is living on. Either because of its soul's regression or progression, a transition takes place similar to the passing from Earth life. In preparation its light has already expanded to embrace another habitat.

Life in worlds of spirit is different from physical life. The travelling capacity between realms of spirit is greater and instantaneous so there is constant movement between habitats. Separation between loved ones does not occur in the same way as between physical and spiritual worlds. Loved ones may be together for a time then may separate for a time but the communication of love is constant and apparent, crossing all transitions and boundaries. The cord of attachment between loved ones remains apparent, no matter their residence. Varied spiritual worlds show no barriers to love. Love is seen to travel instantaneously to its destination.

When the level of light of loved ones in spirit is compatible with a human spirit upon Earth their love draws them together to aid each other on their journey. Their love may become the focus and the destination. All depends upon compatibility. When spiritual progression is similar, love unites anywhere, bringing contentment even during times of separation.

The human spirit upon Earth also remains connected to souls it has influenced so always let influence be for good because all that is good never dies. All that is good attracts more of what is good. In this way goodness grows and expands. Let this life being lived at this time increase all that is good. Let this life expand the good in the world.

All people upon Earth living in any situation only have to see a beautiful soul extending the hand of love to another to feel the beauty of the human spirit and have hope reborn in their hearts. The beauty of the human spirit shining through the eyes and the smile is not the careless laugh of the pretender. It is not the careless smile of the pretender. It is the soul that is open and viewing all people as one; all born of the will of the greater life with equal opportunities to rise to the realms of light and goodness.

Spiritual Guidance

Small Changes
Big Changes
Teachers
Loved Ones

There are various stages to growth, progression and expansion of the spirit and soul. These stages eventuate according to knowledge gleaned from various sources. This knowledge is absorbed into you, producing experiences that enable expansion of the spirit to produce growth and progression of the soul.

There are two approaches to receiving guidance from spirit.

One approach is according to the small ways. The most important thing we can say today is see, take and enjoy small steps. When it is the time of the small guidance and the small changes it is the time to listen to your heart for the voice of spirit is not powerful or easily heard.

In the time of small changes be observant. Enjoy every minute of your life and every breath you take. In this time, we are the air that you breathe. We are the gentle winds that bring the music of the universe to your inner ear. We are the scent that nourishes your creativity and activates memories within your soul causing your heart to respond with a leap of joy.

This time of small changes is gentle and careful. It nourishes your health. It prepares the foundation of your strength. It trains your mind. It sharpens your senses so that when the time for clear directives approaches you are tuned to our vibration and can hear and respond in less than a second. The time of small changes is time spent alone so you can absorb the spiritual voice, smell, sight and inspiration. You

need a time of quiet rest as preparation time for the movement that is ahead.

During this time you are asked to enjoy life, every minute of every day and see it as a learning experience that can be put to a greater use. When life is enjoyed you learn more about what enjoyment really is. You learn how the spirit lives for enjoyment of the life it has and how its capacity for life is expressed as enjoyment which is the embodiment of joy.

Small ways, through observance, bring signals so slowly they are natural. They place your feet where they need to be placed. The reason for slow change of direction is because the influence is for you as an individual. It is for your personal development and growth. It is for the expansion of your spirit. It is a time to realise the state of your soul and understand how to use your spiritual mind as the commander of your physical mind. Changes in this time are subtle so bases may be secured.

The second approach to guidance is the time when you take large steps, actuated by the Sword of Truth which, responding to the call made by the yearning of your heart that matches the drive of your spirit, cuts a swathe through the air so you are freed from the life you have already built, to begin a new journey without knowing where it will lead or how the steps will be laid. Dramatic change initiated by the Sword of Truth brings clear, precise instructions and guidance from the teachers in spirit for your doorkeeper is already in place, recognised and working in harmony with you. The major changes that come in such a time are made with the belief that you have a close enough association with your spirit helpers and teachers within to know and trust the vibration of the voice you hear.

Guidance in this time is powerful and dramatic. It causes a 180° change of circumstances and direction in life. It causes

emotional upheaval. It causes the depths of the soul to be brought to light and all within to be faced. It is a time when you experience and do everything you have ever desired to experience and do. Guidance producing a change of direction does not automatically imply that this aspect of your journey on Earth is the final in success and achievement. It is still only one aspect of the journey.

The journey from birth to death is just that, a journey. Each desire you seek to act upon and bring to completion is not the last. You may have a short moment to catch your breath, meditate, learn, rest and recharge then the journey is renewed once again.

All laws apply to all realms both spiritual and physical. There is no arriving place. There is no admired being of light that is your final achievement through your wish to be so. The realms of light and life through the mansions of life are vast in number and infinite in capacity to expand the spirit of the human being. Apply this law to the Earth and you come to a realisation and acceptance that, as in spirit, nothing upon the Earth can be a final achievement and nothing you do on your journey upon the Earth has an arrival place or a final destination.

The Sword of Truth wielded by the Magus or the Warrior for Truth, does not come out many times in your life. When this sword is wielded by the Magus a dramatic learning takes place. You experience a dramatic leap of acceptance that all knowledge gleaned from the spirit world up to this point are pebbles strewn across your pathway for you to pick up.

At the time these pebbles seem to indicate a great amount of knowledge but all they are is as sand on the beach, each grain a glimmering of each subject that may be discussed. Even though these pebbles are larger than the grains of sand, so diffuse, they are still tiny, yet they make it possible for you

in a whole lifetime to have more depth on your journey in a particular direction than if you had stayed on the sands of time and tried to pick up every grain of knowledge beneath your feet.

At no time can a pebble become a boulder of knowledge. Each grain of sand and each pebble tests your ability to comprehend its knowledge and live it. Knowledge is not knowledge unless it is lived, until it becomes part of who you are so be careful what grain of sand and what pebble you pick up. Be careful where you place your feet or you may miss the pebble that is best suited to the desire of your heart and the yearning of your spirit to move in a particular direction.

It is this yearning of your heart and your spirit that calls teachers and helpers towards you. Your loved ones are always there standing quietly behind the teachers as a wall of protection to keep you safe and to nudge you in the direction you should be travelling, so you may place your feet as the teachers have directed you to place them.

The guidance of the Magus is a thundering voice from the mountain tops. The guidance and voice from the time of small ways is a gentle whisper that softens your heart so it may absorb the vibration of love without weakening you or filling you with human emotions.

Recognition and acceptance of these two scenarios of guidance make it very difficult for you to receive messages or guidance about your Earth life because your soul and spirit are yearning for more. They no longer respond to anything other than what the evolved teachers and helpers bring, the signal of which is the vibration of love that fills your heart so it overflows as tears.

When does the voice of evolved spirit come to guide?

When the airways open, bringing the energy of light and the vibration of particular truths through the aspects and movements shown by the signs in the heavens (the planets), when the way is made clear for a particular progress to take place, when your spirit is listening and beckoning to the light that is approaching, when a lifestyle is set up, appropriate for the changes you must initiate to achieve your purpose, then spirit approaches.

The guiding spirit knows when your heart is in tune. It knows when you have prepared the way to hear its voice. It knows when what you hear and what you sense is clear to you. It knows when you understand the time to put guidance into action. It is then that the voice of this spirit speaks to your heart.

Why does evolved spirit come to guide you in this way?

The guiding spirit is relaying an instruction from your own heart, placed there before you came to the Earth. It is confirming what is already programmed within you. As above so below. According to what you have already initiated in your soul the voice of the guiding spirit opens the door so you can hear. It does this when the airways are open.

We speak to you about the steps of your journey that make it possible for you to put into place important events that can produce a sense of achievement, fulfilment and a job well done by the time you pass from Earth life. We do not come to tell you what to do with your day, where to go, whom to see or how to live. Your physical life is yours to live.

There is so much work that has to be done and it needs a lot of souls upon the Earth to shake the world back into acceptance of how life can be.

Much is focused on pleasure and on working and achieving what needs to be achieved so there is time for pleasure. People in a position of choice want it all. We do not speak to minds that are busy achieving such things because their focus is different from our focus. There are myriad amounts of spirits around the Earth who reach into these minds and give advice – enjoying the vicarious experiences of Earth life made available to them.

We do not speak of an individual's importance or an individual's amazing capabilities. We do not seek to portray what we are capable of through the individual we speak to. We seek only to inform. We seek only to provide understanding of love that is expressed through creation.

We speak of love. Through love those who are informed can create a better world upon Earth. Man is a creator. He creates his own life daily. He also has a hand in creating the lives of others whom he influences. We seek to bring an influence for good so that all who influence another do so in a way that speeds their approach to the greater light without pride, without ego and without fear.

Our voice is as strong as the ability of your senses to hear it. Our love is as encompassing as the ability of your heart to absorb. Our care and our help is a bulwark against all evil that exists upon the Earth for none can touch the man of truth. He is invisible to those of dark ways. By his stance he is silent and melts into the shadows when others seek his face. The light that shines on him creates a shadow so that those who are not of his vibration are blinded and to them he does not exist.

Ours is a shared journey. We are here for all who wish to hear and we wish to come close to the heart that beats for the love of the greater life. Our service is according to a greater will.

The subject of spiritual guidance is a wide field and it has great ramifications for the human being upon Earth. You usually ask for guidance in times of trouble and emotional upset that produce a lack of clarity of direction, a loss of confidence and a feeling of inadequacy. At this time no one can help or say the words you want to hear. At this low point in your life to where else can you turn but to the creator of your life.

Your eyes look upwards beyond the signals in the sky that are the planets of the system you live in, and you search for help from someone who you feel has greater wisdom than what you can find within or upon Earth.

Let us look at the direction of your raised eyes for a moment. Ask yourself how you can even say the name of the creative being or apply your life to this being. From where we are, we cannot turn our focus in the direction of the Supreme Being, because even though we may be zillions of miles from where you are we are beyond that distance from the great creator of life whom we can call the Great Spirit. It humbles us to even say the name *Great Spirit*. I bow my head and I apologise for having to speak these words. How can I dare invoke a name that holds the vibration of a being so far removed from the highest that is within me? Because of this I say,

We are no different, you and I. We are all servants of the Greater Life.

For this reason, there is no arrival. For this reason, we all help each other on our journey. For this reason, there can be no pride. There is always a greater, brighter light at a greater distance from where any of us are, including ascended masters, including the greatest spiritual being of light beyond what you cannot imagine. There is no destination. There is only the journey. I am in awe that within each of us we have the

tiniest spark of light which emanated from distances beyond comprehension; a tiny spark of light that makes us what we are and has set us on a journey of expansion, discovery and creation.

It is humbling to realise that all of us are in a tiny realm, in a tiny mansion that is part of the vastness of creation. When you look at life in this broader perspective you excite that tiny spark of life within. It feels that it belongs to this greater being even though it cannot comprehend the distance, the shape or the structure. For a moment let us bow our heads together in humility. We need only celebrate life. Life is all we have. It is all we are.

This is the greatest guidance I can give anyone on whatever realm they live. Nurture your life. Nourish your life. Appreciate your life. See it as a seed that has been planted upon the Earth and is about to blossom, ready to make a new journey. Your life is the seed in the place of its sprouting. This is your second chance to bring about your homecoming.

The Earth is a place that is two sides of the one coin. It is a place previously destined to be the nurturing ground for the creative capacity of individual sparks of light that had to begin expansion of their conscious awareness in some place. The Earth still has this function so welcome the second chance. Welcome the springboard to a new journey.

The leap from the Earth is so difficult it takes a long time. When you talk about Ascended Masters you are talking about those who have made that leap yet still they return to teach. Still, they come to show the way to those who can lift to their vibration for they teach beyond individual growth. They approach those whose lives are lived completely and only to do the will of the greater life.

Ascended Masters teach of the first step into the inverted pyramid where the point faces down then widens upwards on

each side reaching into infinity. Ascended masters from the Earth are at that point of the inverted apex. Put in this perspective you can see how the journey from that position of ascension from the Earth is only the beginning of a vast, complex, exciting expansion of life.

Having painted a background for spiritual guidance let us simplify how it can be useful to the human being upon Earth. Normally you look for help in three directions. The first direction is towards God or the Great Spirit. The second is towards spirit helpers and teachers. The third is towards loved ones.

Although the subject of guidance from helpers and teachers is a vast subject for another time let us look for just a moment at teachers. Teachers are of an array of capabilities as are all who live upon Earth. Those in spirit who teach and guide come to you according to your instructions, according to your desire and according to what you want to learn. The Guardian you have throughout your life allows all to come to you according to your request, according to your light and according to your thoughts. It is very difficult to describe how a teacher teaches and guides, because you are the arbiter of your direction. You summon whoever will tell you what you want to hear.

For example:

When you are proud of what you accomplish and you summon helpers from the spirit world whom you allow to stand within your aura, you receive those who nurture your pride and tell you of the great things you are going to do. When you work with humility you summon those who can stand within your aura and tell you of the part you play in the scheme of life in this moment. They place you in a perspective that allows you to view your life upon Earth from the beginning:

from birth to death. They encourage you to take a step in a certain direction so you may learn more of humility through knowledge that is sprinkled upon you like the sweet, gentle moisture of the dew; so gently, so kindly and in a way that nourishes you and fills you with the love you are capable of receiving.

Humility understands that true knowledge has nothing to do with the mind of man that seeks to remember and display what it knows. Humility understands the greatest capacity for reverence for the light of all that is above. It understands its relationship to greater worlds. It is thankful for the part it can play and for the part those of greater humility and light play in its life when they extend the hand of love and friendship.

The evolved teaching spirit teaches only of truth. The evolved teaching spirit sends spiritual teachings to those who listen. During times of great change, with the Warrior carrying the Sword of Truth, direction thunders from the mountain, clearly heard. As the receiver you may then take the necessary 90° turn towards a task of service upon the Earth.

Direction comes in this way because with this first turn, the task, using your abilities, is going to influence other people and possibly take you into the public arena. Because of this the testing is great. All you hold dear is taken so you may begin the task with your eyes in only one direction. The responsibility of influencing others is so great it can delay the journey from Earth for such a long period of time that the greatest care has to be taken. It must be ensured that you have the strength to learn what must be learnt, the ability to remain focused and able to render unto Caesar what is Caesar's and to God what is God's.

Let us now look at loved ones.

Spirits close to the Earth comment or guide on the processes of Earthly life. This includes loved ones who bring guidance when called upon in the process of grief. This includes those who wish to learn from those with wisdom upon Earth because that is all they can accept; unable yet to accept the greater journey. This includes those who are earthbound, wishing to continue to experience physical life but only able to do so through contact with a living person upon Earth.

You call to your loved one or your loved one comes when your grief completely overwhelms you. You are trying to hold on to the person who has passed and draw him back into your heart and your daily life. Should you become trapped in grief or enjoy messages from spirit, you can become addicted – always seeking to continue to receive such messages from anyone capable of delivering them. The messages bring a satisfaction. If that is your level of enjoyment you will remain at that level, enjoying what it brings.

Loved ones can reach you through the love you have for each other. The goal is love. The incentive is love. Their mission is love. It is easy for them to come with messages of encouragement and hope. They seek to help with the rest of your journey through this particular Earth life and in many cases delay for a while some aspect of their journey so they may remain as a protection and guidance for you, while encouraging you to reach to their higher aspect.

During the grief process your loved one stands at your back, in front of you and above you as a protective wall so no evil may pass to harm you in any way. As he progresses further afield, because he has ensured that you, as the loved one on Earth are growing through grief he becomes the air you breathe, the warmth of the light that can reach you and the

moisture of the dew entering the Earth. He embodies his spiritual light with yours. As he moves beyond what is known his rarefied and purified love comes as a hand held out to lift you to a greater light beyond the individual life you are leading at this time. Yet throughout your life he stands at your back, the strongest protection possible for his love is able to warn, protect, nurture and encourage.

The love of the evolving loved one reaches beyond any human relationship and sees through your soul to your spirit which is where you are joined. *Love Travels through Simplicity and Clarity*.

The One Mind

Predestination
Love Vibration
Free Will
Life of One Day

The One Mind is the one thought. It is the one life. It is the one light. It is the one way. Everything comes from one and one comes from nothing. Because everything comes from one the only way life can travel is according to the law of one. When the life is directed to a certain dimension, a certain differentiation, it is a manifestation of the one and ultimately returns to the one after fulfilling the task of the manifestation.

Our lives began in the worlds of spirit and they will continue in the worlds of spirit. All other differentiations of spirit life will come to a conclusion in due season.

At some stage in the journey of life the One Mind becomes apparent to each individual either in the world of spirit or in another manifestation of life, as upon Earth. The season of this awareness brings a sense of oneness with all that is and this is welcomed in the appropriate season.

In the manifestation of life as you know it now, where the oneness of the one mind and one life is not so apparent, ask yourself,

How much control over my life do I have?
How much control over my environment do I have?

Upon analysis you can see that the growth of the body cannot be controlled. The life of the body follows its own pattern of birth, maturity and dissolution for this is the pattern all physical life follows. The life of the body begins as a seed,

grows to full maturity and dissolves back to where it began and no individual can stop this process.

Birth, growth and dissolution are predestined. The length of life is predestined. The family and associates of shared living and learning are predestined. Look at the amount of people and the type of people an individual human being has association with either visually, physically or through influence and compared with the amount of people existing upon the Earth in one time, the number is limited. It is predestined. Much of what an individual human being is attracted to through interest and the capability of achieving is also predestined for it is afforded by hereditary factors within the family line.

Part of the law of the Earth is that man must work by the sweat of his brow to maintain his life and acquire food, shelter and clothing. The larger issue of what he does with this life is also part of destiny. This is the way of Earth life and these laws must be followed. They cannot be changed.

Man also has to live in conjunction, preferably in harmony, with the natural processes of the Earth and with all life forms upon her, including the animals. When he is able to do this his life is enhanced. When he is unable to do this his life is impaired in some way.

What can I control and choose?

The only area of control can be the experiences of the soul, yet even these experiences are limited according to necessity, environment and capability. Necessity is according to the passages of life that provide exposure to experiences and learning upon the various planes where the spirit can evolve.

The environment provides the setting that allows the experiences to actuate. Both the environment and the necessity are controlled by timing according to the capability

of the soul to learn at that time so it may expand its awareness of the One Mind.

You can control and contribute, through choice, to *how* you are going to live the day-to-day affairs in the life you have chosen. You must sleep and you must awaken but upon waking you can choose to tune in to the One Mind or you can tune into the physical mind of Earth life. You can determine *how* you are going to live the experiences of each day and how you are going to greet others and relate to them. Preferably you will do these things according to your own determination and not as a reaction to how the day and other people impact upon you.

You can control how you live your day-to-day life within the parameters of work, sleep and survival which are predestined and made through your soul which has a predisposition to certain actions; a result of previous experiences and resulting knowledge.

Although you can control your day-to-day life in this manner, you have a limited choice of actual experiences for the day. The wisdom of your soul has made certain choices available according to what it knows it needs. Depending upon your choice of thoughts and activities your spirit can expand its awareness as a result of the approach to life made by your soul. What must be experienced must be experienced.

Everything spoken about to this point relates to every human being that has lived upon the Earth, is living upon the Earth and will live upon the Earth. These concerns are not individual in nature. They belong to a predestined path that all people who come to Earth travel.

None of what is predestined can be changed. You may think that you can end what is happening at any time, even your life but this is not so. Should you achieve this purpose you

would find it only to be an interruption. In a future time you would return to continue what was begun.

The first step in recognition of the One Mind is your realisation that you can contact the aspects of its vastness that you are aware of. This awareness and ability available to you comes when you take responsibility for your own growth and development. This leads to a greater depth of knowledge, the result of striving effort.

Words of knowledge are not knowledge. They are an interpretation of an essence that can be incorporated into who you are as a result of what you learn through experiences. The essence of knowledge enters as part of a ray of light that is acceptable to you. Knowledge through this ray of light is absorbed. In this way, when you are truly learning, it becomes part of who you are. It becomes part of your body, your soul and your spirit that gives life to every cell. It is a light that is absorbed then differentiated according to its habitat.

The One Mind contributes to the progress of each individual and at the same time it contributes to the progress of all. When knowledge from the One Mind settles into your soul, through the resulting expansion of your spirit you can touch the souls of many according to compatibility. The more you learn the more in touch with others you become, not only those within your presence but also those over greater distances.

This is the expansion of the spirit, expressed by the master when he said, S*hould one leaf fall to the ground the Father would know of it*.

This is awareness of what is taking place everywhere, for what is taking place everywhere affects every individual whether they are aware or not. The vehicle of the One Mind is the spirit that seeks through the cords of attachment to aid all souls and to work for the progress of all souls.

The One Mind does not take into account the vagaries of personality and individuality for there are always those who prefer to lead a life with their thoughts, actions and decisions revolving around what is good for them according to the physical mind. The One Mind is a process that is beyond the horizon of these people and yet this horizon shall draw closer so that one day they become part of its awareness.

In life everything coming from one is doubled. The One Mind is the other side of the coin of love. On one side there is the One Mind. On the other side there is the One Love. Love is the word that expresses the quality that gives meaning to life. Love embodies all aspects of life that is good, and the human being needs to love. Because the human being needs to love he needs to give love and so sometimes views the One Mind as a way to express love. In these teachings the love aspect of life is viewed as the Love Vibration and named the Great Spirit or the greater life.

The One Mind is the other side of the coin. It is a process, a concept, an aspect of wisdom through knowledge. It is an understanding which cannot be fully comprehended upon the Earth. The process is dispassionate whereas love is passionate. Both these understandings are relative to human life more than spiritual life because in living a finite life the human being needs labels. Labels clarify how human life upon physical earth is experienced.

Because knowledge and learning is dispassionate, those who bring knowledge and learning are dispassionate. Those who open the way for the human being to learn are dispassionate for knowledge cannot be owned. It cannot be held. It cannot be contained. Knowledge is the placing of one foot on the path. It is the taking of one step. As another step is taken knowledge becomes part of the foundation that is laying the path. It flows into you and then, as life is always

movement, it leaves you. Once you absorb its essence that enables your growth and expansion it leaves you so it may be given to others who are ready for what you no longer need.

Knowledge is not passed on through words. It has its own demeanor. It has its own presence which can be absorbed into the soul. Through the Law of Movement it is passed from one person to the other, from one realm to the other and from a person on one realm to a person on a different realm.

In this age of the Earth's learning people are seeking to personalise knowledge and own it so they associate it with a personalised guide or teacher who belongs to them. Separate the two and you become clearer about the process of learning, the process of growth and the process of expansion.

What is available to one is available to all. None are higher in their knowledge and none are lower. When knowledge is understood in this dispassionate way it cannot be viewed as personality in the form of a guide or teacher. The guides and the teachers are part of the process of love. They are not part of the process of knowledge and teachings. They are the messengers and they carry knowledge through their love and compassion that is a result of experience, growth and their inner essence.

Remember, truth can be found on all paths. You are presented with the aspect of truth you seek in the form you seek it, according to your capability of receiving it. For those who need a personalised truth through a personalised guide, that is what they will receive in its restriction. Knowledge, as the dispassionate One Mind, travels as a ray. This ray of light is as an arrow piercing the soul, the spirit and the body. It can be accompanied by love but this is not necessary. To understand the process, view the two separately.

The essence of what makes a human being has its original emanations, inception or birth in the realms of spirit.

Everything associated with the life of the human being must also have its inception in such worlds. This includes all philosophies and all understandings that make up the essential life of the human being which is the spiritual life.

The inception of life can be likened to the sun with its radiations and emanations in a state of constant change and evolvement, in a state of outgoing and incoming, in a state of different degrees of heat and warmth, leading to disbursement in the cold and differentiating into links of ongoing emanations. This can also represent paths spirit may travel, available truth to spirit and the paths truth takes to eventually reach the human being in a form recognised as knowledge.

The philosophy of free will, so valued upon Earth, originates in spiritual worlds. Before the human spiritual family became involved with a deviation in the direction of its creative life it had free will to progress, travel through the many mansions of life and pick up a creative task within the laws of creation that appealed.

Underlying all the choices available through free will the human spiritual family is predestined to be a creator. It is part of who it is. It takes the life it has and improves it, encourages it to grow and allows it to expand. Using free will in the worlds of spirit the human family chose its direction and is now travelling that path, some members moving outwards according to their desire and some returning to the original point of deviation.

Sometimes in life, wherever it is, when a choice is made it is not possible to change the direction resulting from that choice for a long period of time. Sometimes the result of a choice has to be played out before another crossroads presents itself and the direction of travel can be changed once again. Perhaps we could say that the human family is in that position at this time and therefore upon the Earth its choice of

direction made in the worlds of spirit a long time ago now has to be played out.

You are now living with the result of a major decision. The major decision is the time of big change. It is the time of major upheaval but the time of small changes is the only way to bring the human family back to that crossroads of decision once more.

You come to the Earth for various reasons. You travel to many worlds for various reasons. According to your free will you go to the world of your choice for the reasons you choose. Your choice allows you to grow in a certain direction. It allows your soul to progress and your spirit to expand so in a future time you may once more pick up your original direction of travel; so you may once more pick up your original creative work.

Having made the decision to come to Earth using your free will, you also plan the life that will give you the result you are seeking. While you are living upon the Earth your life seems like predestination but it is free will that brought you here. It is free will that gives you the life you have.

How much free will is available on Earth?

Most people living upon Earth do not live by predominantly using the expertise, light and magnificence of their spirits. They use the limiting physical mind of Earth that relates to the physical body and the physical life. Because of this there is a limit to their understanding of the philosophy of *free will*. Because of this finite application, what is available in choices according to free will can only be in the times of small changes.

Life on Earth is about small changes because it is small and finite relative to the life of spirit in other dimensions. Although we say there is a time for big change upon the Earth using the

Sword of Truth, this time described as big change is relative to the time of small changes that makes up most of Earth life.

How does the time of small changes make choices available?

Spirit decides its presence upon the Earth through a choice made in the spiritual world under guidance of teachers. The life of the spirit decides the *where*, the *when* and the *why*. While living upon the Earth the human being decides the *how*.

Just as in the worlds of life the parallel of the sun may be applied to life on Earth. There are many available choices of roads to travel. You step onto a ray of light emanating from the sun, seen as a path. At any time you may leave that path and choose another. Whatever knowledge and truth you search for you will find the path that provides it. People you need to meet are placed on each path because the core group of people involved in creating the foundation of the life you choose are pre-destined. You meet them no matter what path you are on.

This is the case with the family you are born into or adopt as family. This is the case when you reach important crossroads and all doors are closed. At this point another door opens. Someone able to cast light upon your life and path presents himself. Your association may be for a short time. It may be for a long time but the impact is powerful and causes a change of direction. These are Milestone Appointments, just as some lives are Milestone Lives.

How to live is the important availability of free will upon the Earth. It begins at the first moment of awakening in the morning. An instruction is sent to the physical mind with the first thought. This thought radiates outwards and fills the day. It radiates out from within like a sun, emanating through every pore and filling the body and soul. When you are aware, *how* to live enables you to choose this first thought and begin the day according to this application of free will. You allow the strength

of that thought to attract the events you require to live and learn fully in this one day.

Because you belong to the family of man you are a creator. You begin, in small ways, by creating your thoughts. Using your thoughts you create your actions. When you understand the strength of your heart's intentions you learn thought control and gain a greater ascendancy over your life. You become the person you wish to become. You live the life you wish to live with your feet planted firmly on the ground and your mind ascending to life beyond this individual life you have in this moment. You are able to open new worlds through your mind.

Through these small steps taken each day your soul heals. Your heart expresses itself. Your spirit expands. You begin to understand that your whole life is only this one day and in this one day you can achieve all you came to achieve. You realise that the joy of your spirit can emanate through your heart, through your mind and through your body, able to reach throughout the Earth and beyond to the home from where you came and to all who inhabit this home. This achievement ensures you are never alone for you are part of a family that is filled with the light, love and truth that is available to every member upon the Earth.

Generation

Conception
Legacy
Guardian of the Soul

There has been much discussion on how spiritual progression takes place – first individually, then through influencing others to spiritually progress so that all members of the spiritual family can progress as one towards the light of the greater life. A first step in enabling the progress of others and seeing spiritual progression beyond your individual life is through generation.

You are born to a family and are able to procreate that family line in your lifetime upon Earth. In this way you leave a legacy. An aspect of who you are is passed on to future generations. The question you may ask is,

What legacy am I leaving to future generations?
What part of me is being passed on to future generations?

Whatever aspects of who you are that are passed on through the blood to future generations, they will provide the means for souls to incarnate upon Earth and have certain experiences that may result in knowledge and comprehension of their place in the universe. This calls for analysis of you and your life.

What life are you leading?
What thoughts are you thinking?
What actions are you taking?

These things contribute to the makeup of the blood, able to be imprinted in the DNA of your offspring and so be passed on.

It is a huge responsibility. Your contribution to the future of the human race on Earth provides influence to seven generations. Should the influence be for the upliftment of the soul and expansion of the spirit your progress is assured as well as those who incarnate to such a body. When your influence is more orientated towards selfish behaviour your progress is not assured at that time. You may need to remain attached to those living through the blood you have generated and help remedy the situation.

This is one reason why souls become attached to the Earth. Because of generation, they cannot continue until their influence is of an upward movement towards the light of the greater life. Then they are free to move on.

Your life upon Earth not only influences others with whom you come into contact but also influences, through generation, those who inherit some part of who you are.

Looking at your children in this light you can see qualities of both parents within their makeup. Through the influence of your spirit, the influence of your thoughts and the influence of your soul what is most predominant can be passed on. This provides the mix from two parents and the awareness of good and evil that exists upon the Earth today. A soul incarnating chooses which aspect from which parent to develop in his or her life.

Today little thought is given to the conception of new life. Because of this many circumstances surrounding conception are not inducive to the spiritual progress of those entering the Earth.

Education is crucial so that those who are having children can become aware that the circumstances surrounding conception are important and the qualities of both parents are important.

When these important factors are taken into consideration the spiritual progress of a race as a whole is more possible. It can become stronger as it matures.

The path of a race becomes degenerate when the balance between good and evil attributes that are within its people are not harmonious. The race is on the path of dissolution. In this situation dissolution can show firstly as a lack of influence in worldly affairs, lack of strong good health in the majority of people, lack of clear spiritual direction that is applied to daily living and finally dissolution of the purity of the bloodlines through intermarriage or death, e.g. war, disease and genocide.

In these modern times, not many people seek qualities within a partner to pass on to future generations. They seek to reproduce themselves, seeing their own immortality in children. This is a different focus to understanding the huge responsibility, not only to new life, but to the human race as a whole, of providing the best environment for a new soul to enter.

Not only are you bringing in a new life when you conceive a child but you are contributing to the path your branch of the human family and race is going to be taking in the next seven to fourteen generations. This is not to be taken lightly for it is part of the complexities of the wheel of life that puts into motion the great plan for the human race upon Earth.

In the worlds of spirit everything is taken into consideration before new generations come to the Earth. Each individual is analysed. A partner to reproduce with, and so encourage progress, is made part of the plan for the new life entering Earth. An opportunity is provided for a person of expansive spiritual qualities who understands the beauty of the human spirit to meet and reproduce with a partner who may have little interest in spiritual understandings and prefers to follow a

more individual and possibly selfish life predisposed to pleasure.

In this situation the scales are evenly balanced for one direction or the other. The qualities of light give strength and the qualities of selfishness weaken. The lesson of the life for the new soul is which will predominate? Which side of this coin will the new life choose to follow? Both are available through the DNA and blood at conception. The subtleties of free will can be seen in every moment, in every thought and in every action of every day but the seeds of this free will are planted in the spirit worlds before new life even comes to Earth.

This free will and free choice made from the worlds of spirit create myriad opportunities and chances to change the direction of family lines on Earth. Through souls of a certain calibre incarnating into particular family lines, those family lines can be strengthened or weakened. They can be strengthened so they may bring important souls to physical life or they may be weakened to ensure the line dies out; no longer appropriate in such times to bring souls to Earth life. Nothing is left to chance.

Spirit evolved, pure and light, from deeper dimensions spend of their time. They give of who they are. They monitor, oversee and give of their experience to help provide the best possible outcome for the human spirit travelling from the Earth. They become the Guardians of Souls. Their deep comprehension of life provides them with the expertise to organise souls into groups for certain aspects of the journey. Within these groups of vast numbers relationships interchange according to experiences necessary for growth and progress.

In this way it can be clearly seen that what affects one affects all, for at some stage in the journey of life each soul becomes each relationship to each other. *None can understand another until they have walked in their shoes*. In this way compassion is born. The soul is enlightened and the spirit joyfully expands another aspect of itself.

The possibilities of expansion for the spirit are endless, as are the roads spirit can travel, as are the truths it can encounter and as are the love bonds with all who have experience of its savour.

We cannot comprehend the creator of life but we can try to understand life. All we can do is according to the capacity of our hearts, souls and spirits. All we can understand is the journey we are travelling as it opens more doors to the greater life, which at this moment of time is beyond our comprehension. All is as an adventure and none travel alone.

The Guardian of the Soul has wisdom beyond compare and a reverence for life for he has touched on his divinity and this reverence and divinity that is part of his experience is shared with those of us who are able to grow to reach its aspect.

With such guardians how can you not feel safe?
How can you not feel loved?
How can you not feel excited?

Although the physical Earth is a dense vibration, through the quality of the spirit already awakened the journey beyond it becomes an exciting adventure, full of possibilities and full of the radiance of life.

Let us, while we are living on Earth, touch on that radiance and joy of life that is ours to experience. When we do, the Earth can be seen as a place where the light of goodness radiates and dispels darkness. Let us experience the world in this way:

seeing beyond, seeing all as light and not viewing the hiccups of life as great tragedies. The all-powerful, all wise Guardian of the Soul radiates his influence down through all who are placed as our protectors. Through him we know when to go and when to stand still. We know when to speak and when to be silent. We know where to be and at what time. We know who to see and who to withdraw from.

The Guardian of the Soul teaches of strength so when an important path is initiated all that can be comprehended is the ability to place one foot in front of the other regardless of the events each step brings. There are no hurdles too great for our strength to navigate. Under the tutelage of the Guardian of the Soul, who organises placement of experiences and people, there is only a future full of great possibilities.

The organisation of souls, set up so long ago, has never changed. Let us return to that time of inception where, upon the white hills in the City of Flowers, all gazed down with excitement to see the future of all souls' growth. Let us return to that simplicity and purity and find it first in our hearts and then in the world we live in. Should we see the world through eyes that are simple and pure, so the world can be once more.

We have a template and a memory of what was, what should be and what can be again. On our return journey to the greater worlds of spirit let us send hope, faith and love to all who are making the journey through physical life so they may see this journey as but a day in time; the result of cause and effect for the part Lucifer and man played in the Fall from Grace.

Angels and Man's Mandate

Angels of Compassion
Man's Mandate for the Earth

We are your family even though we are in the world of spirit. At this moment you are upon Earth, but in another time you will be in the world of spirit and we will be on Earth. Because of this we understand the difficulties, pain and joys you face. Because we have walked in your shoes we understand who you are, what you must experience and why. The love we have for each other allows each of us to urge the other on. You are showing us a way to live Earth life and we are guiding you to fulfil the dreams you have of what you may accomplish, for you can accomplish much.

You want to be where you are supposed to be because it is familiar; the place that encourages you and your purpose in life; the place where clarity is born. But in saying this, you also want to experience what lies beyond this place you know so well and to which you feel you belong. This desire causes you to venture into the unknown to experience for a moment of time, whatever takes your fancy, but you return to the place you belong to.

Apply this philosophy to life on a larger scale. Worlds and realms outside your usual residence exert a pull, especially when you see struggling life forms upon them trying to understand why they are how they are and why they are where they are.

You look beyond Earth for an answer to the riddle of life. You look beyond Earth for life. Should you find it you would have proof that life exists beyond physical life. This would help you regain your sense of immortality.

All is dependent upon your heart and therefore is dependent upon the desire of your heart. So also is what you

do with any experiences outside your usual habitat and lifestyle. When your reasons for venturing into the beyond relate to self you have a selfish result. When your reasons relate to a desire for knowledge that can help others grow in a better direction that is the result.

Apply this principle to the Angels of Compassion who look outside their natural habitat and see struggling humanity trying to understand his spiritual nature. These beings of greater light and finer qualities are beyond the spiritual genus of mankind but have become involved with his journey. They see the struggles of the human spirit and reach down to share their light because they have compassion for the spirit of man.

May we upon Earth learn of their compassion so we may see life through such eyes.

You cannot understand another until you have walked in his shoes. This implies that not only do you need to seek a purpose of life upon Earth but also a greater purpose that takes into account all your places of residence. Although you believe that there is some part within you that has knowledge of all events when you are living upon Earth it is difficult to connect to that source of knowledge.

You are aware that the philosophy of life is the same for all places, merely adapted to the place you are associated with in any given moment. This simplicity of a continuing philosophy enables your search to be more direct.

We raise our eyes and ask for help. In our hearts we know that that help is available for we can only believe that we have been assigned, according to the capacity of our heart and soul to recognise the greater truths of life, through a Guardian who can whisper to us a reminder of our best intentions.

The nature of a Guardian relates to what your soul requires for you to travel in the direction that can extricate you from the grip of fate. It is your free will to choose your direction.

Let us apply this philosophy first to the Earth because for a time you are the lords of the Earth, even though you cannot control the Earth. How you behave and treat those species who are in your charge is indicative of where you are on your path of travel.

The plants and the animals of Earth can live out their lives according to their nature without any help from you, the lord of the Earth. They are able to survive for longer periods without any intervention from you.

Wherever you have control of how life upon the Earth is to be lived, and because you are in a position of superiority, you are able to decide for all in an inferior position. You decide which animals may live and in what way they may live. You decide whether they can remain in their natural habitats or whether you will construct a habitat best suited for your purposes. You decide not only the length of life of an animal but what its purpose in life can be. Should you decide its purpose is to serve mankind, serve mankind it must, either through its life or through its death.

Because we are spiritual beings in the eyes of the animals, plants and insects of this world, we have a sacred duty to treat them well, handle their lives well and accommodate them upon Earth so we all can share in what the Earth offers to provide us with life and the means to maintain it.

Should you, who are ruled by the spirit, not treat these creatures which are ruled by a soul, well, it does not say much

about your evolution. It does not say much about the way the human soul is listening to its spirit.

It is our spirit within that gives us the advantage over animals. It is our spirit within that gives us individuality in our lives. It is our spirit within that allows us to create and rule. It is an eternal spirit and it gives us the ability to discern right from wrong. We must choose to take responsibility, whether we wish to or not.

The animals of the Earth become dependent upon the human being once the natural state of their environment is altered.

You have a mandate to protect the place that sustains your life. When each of you leaves the Earth you should leave some part of it in a better state, in a more enlightened state and able to provide for the needs of all who live upon her.

When you know you have done well by those in your care, those who are beneath you in the scale of how life has differentiated in its manifestation of the creative will, you are in an honoured position.

Only when your heart is pure are you are worthy of raising your eyes to the heavens to ask for guidance from beings more pure and greater than you.

Initially it may be our mandate to look after the Earth and all life upon her, but as we grow through doing this job well our perception of the lives that are dependent upon us grows to a powerful passion to do the best we can. We can no longer be careless about how we treat any life. We need to become zealous about making the Earth more beautiful, even when this perception of beauty is according to our individuality.

You are born to be creators. You are born to create a better life for future generations. You are born to educate those who follow so their journey can be less painful. You are born to leave a legacy of love so future generations never feel alone. You are born to leave a legacy of care that can eradicate dependency and inadequacy.

Achieve this and you have the right to raise your eyes heavenward and ask that the same compassion you have shown to those in your care be shown to you from the greater beyond, from those Angels of Compassion who have a wider vision of life.

While you are upon Earth your memories are microscopic. Most have been removed. This has created dependency on guidance from beings beyond Earth who can help you rediscover what you know, where you have been, why you have been there, where you are going and why you are going there.

Angels of Compassion become apparent only when you are looking in the right direction and travelling in the right direction.

These greater beings, more evolved than the human spirit, embody compassion. They know your struggles. They know your pain. They know your joys and they know your determination to return to your true heritage. Their compassion is encouragement for you to take responsibility for the fact you are where you are. It is an encouragement for you to take the steps you need to take to move beyond the cycle you have become locked into– the cycle of fate.

Within each of you there is latent good. When what you do is not a result of this latent good it is a reaction to the life you have when you feel you deserve better.

As we wish these angels to be towards us, in spite of what we say and do, may we be towards the animals, plants and people over whom we have dominion and influence. We recognise the lives of those in whose shoes we have walked so for them our compassion is apparent. For those in whose shoes we have not walked we have no understanding but we can extend, whatever their deeds, the same compassion that is extended to us. They may be making choices of direction we face in a future time.

Another name for compassion is activity. Compassion is not a surging of emotion within for it does not judge. It is a smile that understands. It is a silence that is a knowing. It is a patience that does not comprehend time. It is a love that is boundless. It is the oneness of life that emanates from the I am, for the I am is what each person is, all part of the one being, travelling in the one direction, listening to the one mind and living according to the one love.

Angels of Compassion are closer to Divinity than to humanity, but they are involved with the path of the human spirit that is travelling in the direction of Divinity. They commune only with this spirit and they light the way from distances so vast they are beyond comprehension.

For the time they are concerned with the direction of travel of the human spirit we kneel and give humble thanks. Their dominion over creation and their influence in our worlds is an honour we cannot comprehend.

Importance of Earth

Leaving the Earth

When the Great Spirit stretched out his hand according to the will of the Divine, rays of light extended immeasurable distances, so far into infinity that eventually they slowed to be only sparks of light, sparks of truth.

O glorious sparks of spirit,

You were born of this light. You travelled these immeasurable distances to a place far distant from the source of creative life, so far away the light cooled and solidified into matter. It was to be the place of your awakening.

You adopted the cloak of matter so you could remain for a time on this new home. Your cloak was an etherealised physical body. Your new home was Earth. With your birth into matter your conscious awareness would begin to grow.

O spiritual sons and daughters of Earth,

When you came to Earth you came to a place that was to become like a paradise. You were to experience the joy and excitement of creative endeavour. Your first creative task was to bring the material world to a more etherealised state.

The body you wore was to etherealise into light. In so doing your unconscious state would become more aware of various worlds, from material to pure light. It was to be a steady path of growth, creativity, expansion and change.

You had travelled such a distance without consciousness that now an exciting return journey to your real home lay ahead. You were to travel back along the creative route of light and return to the source of your creation. Fully conscious and fully aware, filled with joy, doing the creative work of the Great Spirit every step of the way.

All worlds are beautiful creations. With this realisation you came to understand that the immense journey ahead was to be filled with greater beauty, greater light, greater truth and the encompassing joy of service. Each experience was to expand your awareness and draw you onward.

O sons and daughters of light, what has become of you?

You are of the family of the human spirit; one species, one love and one light. The whole family is making the same journey home through the many mansions of the kingdoms of life. No one can remain upon Earth.

The Earth is not your home. Your time on Earth is transient. The Earth, as material matter, is transient, so change is inevitable. Why did you become attached to this world of experience? You had such beautiful experiences to come as your consciousness expanded. Your fall into matter has chained you to the material planes and separated you from the worlds of light. The mind of the Earth has caused you to forget your spiritual purpose and destiny. These places are not your home. They are now how they are because of the Fall of Man. Before this fall all was a sweet pathway filled with experiences of greater light.

What was the Fall of Man?

The great Archangel Lucifer contributed to the Fall of Man. Everything changed. What did it lead to? It led to a sorrowful day when Lucifer allowed temptation to replace guidance upon material worlds.

O beautiful spirits of light,

You have listened to Lord Lucifer's whisperings. He does not belong to the worlds of spirit or matter. He is not affected by what you do. He is from far away in the world of Divine

Archangels. By listening to him you have stayed your journey, remaining too long on Earth. You have made Earth life your goal, seeking for it to be your permanent home. How can that be? You are spirit and your home is with spirit in the world of spirit.

Now there is such a battle for you upon the material planes where light and dark now live side by side. Who can you trust to guide you? You have your beautiful helpers but alas they are supplanted. The physical mind of Earth is so strong the spirits who have fallen into Lucifer's ways whisper to it and you listen.

The Path of Evolvement has now become the Path of Purification.

You must now travel this path of evolvement through the process of purification and it is a more arduous path than the original Path of Light. The journey to Earth is now difficult because the existing heaviness of material life inhibits the presence of the ethereal worlds that should be working in close harmony with physical Earth.

The ethereal worlds are a stepping stone for all traffic coming and going to Earth. All light enters and exits Earth through these ethereal worlds which are attached by cords to the Earth and all in who live upon her. All thoughts, feelings, words and actions upon Earth are attached to counterparts in the ethereal worlds which are a stepping stone to other worlds.

Ethereal worlds host everything and everyone for a time and those who are strongly attached to material life, even on the passing cannot untie these cords. Here they remain for the duration of their desire for in the ethereal and spiritual world's desire manifests instantly as reality.

O glorious sparks of spirit,

I weep at how difficult the journey has become between the material and ethereal worlds and the worlds of light. The gulf between the worlds of light and these worlds that host ways of darkness has become so wide it is difficult for you to negotiate. Regardless of this gulf you must bridge it. Although wrongs have been done, the worlds of light continue to sustain the material planes and ethereal worlds. They continue to emanate light and creative love. They continue to create pathways for you to travel.

Believe in yourselves. Believe you are greater than what you see upon the Earth. Do not lose hope. I weep for your sorrow today but all is not lost. You are not forgotten. The cords of love still bind you to a greater destiny.

Let your heart reach out to find those who can give you the courage to begin your return journey as a consciously aware member of your spiritual family whose home is far from here.

Anyone or anything that encourages you to remain attached to the Earth is hindering your journey home. Listen no more to what they say. Vacate your temporary home of Earth. Vacate your physical mind with its ego. There is no future on Earth for your beautiful spirits, for all that does not spiritualise will be lost – will disintegrate. Because you have become so attached to the Earth its mind now controls your soul and your spirits' voice can hardly be heard.

Your souls take you in and out of Earth life. They have memories of all your travels. Listen to the murmurings of your souls and hasten your final departure from Earth.

When the time is right we send evolved spirits to the Earth who have already completed their journey. They can help you strengthen your spiritual ties to the Great Spirit.

Those we send are scattered throughout all cultures and environments. They prevail even though at each entry to the Earth they sigh at the presence of such heaviness. Cords of

love bind each to the other and give them strength to continue their purpose. Their lights are increased by your beautiful lights when you fan the flames of spiritual endeavour.

Although you may feel your work is small, it is not. A single light is bright. A productive light from two or more becomes as one and iridescent. Many small lights create a subdued glow that can feed the flame of a larger endeavour when the season is appropriate.

Great guardians of truth carry out the will of the Divine in creation. What they are and what they impart filters down from the source of life through infinite, immeasurable distances to draw you back to your home. Their love is extraordinary and overwhelming. They give you designated pathways to follow and teachings to help you find these pathways. Begin your real journey along these pathways.

Throughout your life choose your thoughts carefully. Choose your words and your actions carefully. Become more observant of the world you live in and the lives you lead. Become more observant of those with whom you have contact and the reasons for contact. Become more observant of why you are doing what you are doing each day you are doing it.

Your lives are only this one day and this one day may be the important day that brings you the greatest learning of your whole life, so respond to the life of your spirit. Become filled with its simple joy for you cannot know your eminence or your countenance. You cannot know the capacity you have for joy. You are not aware of the capacity you have for love. Because of your focus on material life you can only describe your understandings and constructions of these qualities according to the experiences you have had up to this moment.

Realise that the true philosophy of any of your learning is beyond application to yourselves. Real learning relates to all who have life, to those living in far off places and those you are

aware of, living with you upon the Earth at this time. Look beyond yourselves. Observe how learning comes to each person upon Earth. Everyone has to experience everything the Earth has to offer but they are doing so at different stages. When you have experience, appreciation and understanding of what it means to have life others can appreciate this and seek your support.

Focus upon the greater life not upon yourselves. When your focus is upon yourselves it is not upon the greater life, the greater world or the greater expansion. Your focus upon the greater life allows you to become committed to a path of action and draw to yourselves the energy you need to maintain its disposition and discipline.

Be discerning, then when you are presented with a panorama of subjects and ideas you know which is suitable for the position you are in at that moment.

Have compassion. You have already walked in the shoes of those you are aware of experiencing difficulties in life. You have already experienced what they are experiencing.

Be careful of making a judgement. You are not above what you see and notice. You judge another because you have not experienced what that person is experiencing. You have no conception about the impact the experiences are having upon another's life. When you make a judgement you are looking at your future experiences. What you are judging in another is within yourself, waiting to be experienced in your future.

Qualities of goodness within yourself and others relate to the higher self. They are qualities that are the result of difficult experiences.

When you are born into some countries you have privileged lives. The most difficult experiences that can be experienced in these countries are as nothing compared to what is experienced in other places.

My beloved,

What are you going to do with your lives that are so privileged?

In what way can you return to the universe, in gratitude for what you are receiving now?

Privileged lives give you time to expand your hearts, your minds and spirits through prayer to the Great Spirit. You can be a light for the world to bathe in. Great difficulties are coming to the Earth. In this time the world of Earth needs your lights. The world of Earth needs workers. The world of Earth needs you and your spiritual light.

My beloved,

Do not see prayer and love as a request of help for yourselves. The prayer of worship carries the power of goodness. Prayer of worship acknowledges the spiritual light you have, the light that is joined with all other spiritual lights upon Earth so that those of darker ways, upon seeing this light can take that first step towards it.

The eyes of those of darker ways upon the Earth do not see the light of the spirit, even though it is there, until this light becomes so great their eyes cannot help but be drawn towards it.

It is natural for you to seek to conjoin with the worlds of spirit because the spirit is part of who you are. The spiritual life is part of your experience. The spiritual world is known to you. This is partly why you are doing what you are doing.

Spiritual work is always for good. Let that good in this moment of time be prayer. Let your life become a prayer to the Great Spirit and provide hope for others. When all people are able to live in this way all evil upon the world of Earth will disappear.

Gift of Life

Direction

I bring peace because you ask for peace. I bring love because you ask for love. I bring knowledge because you ask for knowledge, but the knowledge I bring is according to what you are able to incorporate into yourself, into your life. When you seek wisdom you are given experiences that can result in wisdom and all is according to your ability to recognise the required vibration of light.

You are living here so you may know and experience physical life. This includes aspects of dark ways. Understanding these vibrations produces learning. I will send you a small amount of these experiences so that you may recognise dark vibrations at the fringes of your aura. Should your resulting feeling be dissatisfaction and disorientation you will toss these vibrations aside, never to experience them again.

Experience is important because without it knowledge is meaningless. What you receive from the teaching spirit in the worlds of spirit comes from those who are accompanying you during your experience of Earth life. They prompt you and nudge you so you may take your soul by the hand and expose it to the way of your spirit for the life of the spirit is intertwined with the life of Earth. This is symbolised by the serpent of wisdom winding around the staff of life, the Tree of Good and Evil.

Life's experiences upon Earth are now according to the process of purification. With head held high, walk in a sure direction. Learn how to be safe, then be joyous with the expectation of a greater light pouring into your soul. The cleansing of the soul through the process of purification enables the spirit to expand its awareness. With this

expansion the path to good health of the body, the soul and the spirit opens before you.

Do not waste one more minute of Earth life. The experiences your heart yearns for provide the way to retrace your steps. Upon the passing you go to the world best suited to the wisdom you have accrued, the love you have expended and the joy it is possible for you to receive upon encountering those in your spiritual life you have not met for a long time.

At the moment the Earth is on a precipice and there are dark times to come for many people. All that is required from those who do any service for spirit is that they ask for their light to be channelled, according to a greater will wherever healing is required.

When your heart is pure your light reaches out, capable of reaching the four corners of the Earth and capable of providing healing. This is not seen or felt by you because it is made possible through the pure intention of your heart, and so may be. All that matters is your intention. Nothing else is important.

The intention of your heart reflects your spirit. It does not relate to your mind. Whatever comes through your mind relates to ego; the desire to be seen to be successful in some area of life, including spiritual service. This is not important to us.

We know, you know and your spiritual teachers and helpers know that your life is a complete success because you are able to walk the Earth and at the same time look towards the spirit world, not as compensation for the inadequacies of Earth life but as an enhancement. Not to escape the difficulties of Earth life but to understand them; not to run away from the problems associated with the people in your life but to gain greater understanding so you can live fully, unafraid to participate in every experience you must.

The evolved teaching spirit and helpers, *never* seek to live your life for you. They never tell you what to do and never seek to give you anything you do not ask for. They only come to you with answers for your heart that relate to the greater plan for life.

Only these types of requests reach the evolved worlds of spirit. Anything else coming from the mind; any desire, belief, wish, want or complaint remains earthbound, travelling round and round the circle of the etheric of the Earth, waiting for those spirits who are attached to the Earth to feed them back to you. These are the spirits who supplant your true teachers and helpers.

Your true teachers do not see these things coming from the physical mind. Evolved spirit comes only on the light that pierces the heart; the light that understands that the way of retracing original steps through purification is a difficult path. They encourage you to generate more joy, more companionship and more laughter. They encourage you to achieve lighter footsteps and stronger characters, able to accept that what comes your way is a result of your own creativity.

This can be hard to understand but whatever comes to you is according to what your heart has asked for. There is no need to worry or complain. Do your best to enjoy your life and wait for difficult times to pass. Understand that because of what you are experiencing you may be growing in a new direction.

When your feet take you in a new direction you meet others who match your heart. You receive helpers and teachers who match your learning. Everything changes as your understanding changes, according to your comprehension of what is happening in your life. It is only the guardian of your soul who remains the constant familiar presence.

When the foundation of your purpose in life and your understanding of how to liaise between our two worlds is strong the evolved teaching spirit comes to you. What they teach does not relate to self. What they teach relates to the wisdom of life and the universal love that is available in all places, to all people, for the regeneration of all men and women.

With spiritual progression the *self* becomes insignificant. The ultimate journey has to result in a complete understanding of the *I am that I am,* that part of you that is your own spirit which you cannot contact until you reach the teachers who can safely show you the steps.

At some stage to progress, you need courage, perseverance and strength to be able to give up all you know and feel safe with and take a journey into unexpected realms where new knowledge awaits. At each step, because each step only becomes apparent one at a time, you are accompanied by a seasoned traveller whose vibration you have learnt to accept.

As you comprehend knowledge and your life changes your guardian introduces you slowly to your new spiritual companions and teachers who only come when you have love expressed through worship for the creator of all that is.

In our worship of the Creator, the Great Spirit, the Greater Mind, the Greater Life, two worlds join together in prayer, for healing, prayer, knowledge and wisdom are all part of the one circle of life. They all evolve as the wheel passes through the lives of all, bringing new experiences.

Become more observant of every little thing that happens in your day for every little thing that happens brings a word, love, knowledge and experience. Do not waste one more minute. Upon waking each morning, send out a prayer of

worship in thanks for the gift of life. Thank those who come to you to guide your way.

Worship and love keep you safe and protected in every situation. Some things you have to experience because they are part of your karmic learning but everything else is according to the desire of your heart to map out a new direction in your physical life.

It is important to experience everything you ever dreamt of or thought you might experience. There is no winning. There is no losing. There is no success, there is no failure. There is only participation in life. The gift of life is to be lived fully and joyfully. It is not what you do. It is how you do it.

All experiences upon Earth can be seen in a spiritual light and recognised each day as the means of producing learning. It takes self-awareness and observation of the world around you, and those in this world with whom you have contact, to appreciate the learning aspects of all experiences.

Truth is found in every experience on every path, but whether it is seen or momentarily grasped depends on you. The desire for truth has to be specific. It becomes part of your body so you can live more truthfully and completely. It becomes part of your soul, strengthening its determination to achieve a greater purpose and allow its memories to surface. It becomes part of your spirit, expanding its essence and potential that is latent in the unconscious, waiting to become consciously aware. It is entirely up to you.

The first step towards any pattern of growth or development can only be made with a realisation that brings a humbling countenance. This is the realisation of your relationship to all life everywhere. It is recognition of how tiny the life of one individual is in the great vastness of life.

As an individual you can do little alone, so it is natural to reach out to others to help you achieve your purpose whether

your purpose is spiritual or material; for this principal applies to both worlds.

You may have a strong desire to bring about change, but as an individual your influence is small. Alone you can do little except sow seeds. For seeds to germinate and prosper they have to be flung to the wind, into the air on the breath of life so they may travel to where they can germinate, sprout and grow to full potential. To achieve you need to draw others close to you. You then have the resources and manpower to rise, develop your goals and bring them to fruition.

While you are living upon Earth your purpose may be to combine your spiritual life with your material life. On your journey through life you seek to make contact with people on the same journey, reaching through the ethers to others from wherever you are. In this way you are reaching towards the greater life from where you have come. Your spirit recognises that without it you are alone and insignificant.

The greatest way to recognise the greater life is to live life well according to the spiritual directives: *Do no harm as you live and learn. Give and receive love*.

Love is the mark of life. It is the signpost that leads you in the direction that is the greatest direction you can choose. Breath, love and knowledge man upon the Earth calls life, love and wisdom. They are the steps that lead to enlightened, focused lives.

The most important thing, the most important truth you can discover, is the need for pure air, unpolluted air to breathe in, to draw in elements for life, not only for physical life but also for your spiritual and soul life to prosper.

While man has little regard for the air he needs to breathe he is unable to respond to the calls for truth that are sent through the airways. He is unable to breathe what he needs into his system. You may be sitting in meditation, you may be

walking down the street, you may be working or you may be sick in a hospital. In any of these circumstances, should you be unable to breathe in the pure air you need to stimulate your life you will not have the strength, energy and capability to draw what you need to yourself.

Everything comes to you in this way no matter the world you live on. Everything travels in this way from one place to another. Some qualities travel on the cold light of enlightenment and some travel on the warm wind of love. However they travel through the ethers, through the airways, they enter your body, your soul and your spirit through gateways or doorways linking your etheric and physical bodies. These gateways are the chakras, the major acupuncture points not visible to physical eyes. These doorways may be open or shut depending on your ability to breathe well, live well, think well and be healthy.

Every breath you take gives you an opportunity to draw in a truth, only recognisable when it is a response to the yearning and desire of your heart, only recognisable when it is a spiritual goal you choose from deep within your soul. Goals should be messages from your soul, not messages from your physical mind. Messages from your soul are recognised by your heart which knows such goals can bring difficulties, changes and a sense of loss.

The sense of loss is the disappearance of the safety and security of a life you may have become attached to through familiarity. Spiritual goals always lead you into the unknown. You may breathe in these goals that respond to a call from the greater life and recognise their purpose. They give you the ability to achieve something more than what is apparent upon Earth.

Take your soul by the hand and lead it into your mind through your breath and through your desire for health which must include spiritual health.

What is spiritual health?

Spiritual health is the ability to live your life fully in recognition that it comes from a greater creative force then you cannot imagine, from Divinity, from the ineffable, the unnameable, from God, the one we cannot recognise. You can only recognise what is within and the highest within is your spirit.

Your task is to be aware of and thank the creator for the life you have and use your breath to blow upon your spark of spiritual light within so it may become a conflagration that can spread, not only across this planet but also connect with all worlds with whom you have an association.

Reach through the ethers and draw in the breath of life, from distances so vast your imagination cannot comprehend them. Breathe deeply. Draw the breath in. Draw into yourself what is carried upon these airways for they bring you what you need. On the breath is carried the vibration of spirit, the love of spirit and the life of spirit. These airways bring what your spirit needs.

These airways provide the breath of life that is breathed into the new body being built so a spirit may come to physical life.

Should you remain unenlightened about these basic requirements, upon leaving this place you will inhabit a world that is also unenlightened. The Earth is a great springboard from which you may leap in any direction. Without realising it you are heading in the direction of your choice while you are living here.

Choose your direction wisely. From the hub of the wheel it takes you along the spoke and beyond the rim, which is the transition from here to another place. You are riding the ethers on the power of the breath you have attuned to while living here.

Live this life fully, with joy, with love, with truth and in health Focus on the direction of where you perceive the greater life to be. In spite of all your beliefs it can be found everywhere, for all life is a manifestation of a greater will, as are we.

We are no different, you and I. We are all servants of the greater life.

Inner Spirit

Steps of Discovery
I am that I am

Spiritual teachings plant a seed pearl of wisdom for those who are disillusioned with existing understandings in this time. This seed pearl can show them how they may learn to contact an immeasurable source of knowledge within themselves so they are not dependent upon any organisations.

How can you become aware of the eminence and countenance of your own spirit within?

This is possible following contact with evolved teaching spirit. This does not take into consideration the myriad categories of other spirits with whom you can make contact; spirits both attached to the Earth and in etheric worlds.

How can we access knowledge from our own spirit?

There are many steps to all realisations. The journey of growth takes a long time and many lives may be spent on each step. Before anything related in any way to the truth about life and the purpose of your existence upon the Earth can be brought to your physical mind you have to have a predisposition towards worship of the creator of life.

Worship of the source, the creative principle, is the first step. Acceptance of your position in the universe, relative to what you know, what you believe and what is greater than what you cannot imagine, encourages recognition of the vibration of the eminence and countenance of that part within you that most closely resembles life that is ongoing, eternal and immortal.

How can the wisdom of the eternal aspect of your life be brought to the surface of your mind?

The second step is to acknowledge that physical life is transient; unable to continue in its known and acceptable form after the passing. What passes at death from the physical world to another world can only be an aspect of life that belongs to another world.

When you only acknowledge physical life, what lies deep within you has no chance to surface and make its presence known. Because the physical life and its material mind are in control, there is no acknowledgement of another focus of life living within your body.

What are the major differences between people?

All people are the same. They have the same bodies and they live in the same way for all must follow the laws of nature. Everyone must eat, drink and sleep.

Those who relate only to the life of Earth live a life that is focused upon accumulation: accumulation of power, accumulation of wealth and accumulation of experiences that provide pleasure. What they live for and accumulate revolves around *self*. They usually have little regard for other people and little regard to whether their words or actions have a detrimental effect on other people. This is a description of selfishness.

When you live in this way for a long time at some stage you come to realise dissatisfaction. You then move to the third step which is questioning why you are living the life you are living and whether there is a better way to live. You look beyond *self,* beyond what you comprehend through your five senses.

On the fourth step you look outwards. You ask questions. You read books. You look to the skies. You search beyond the horizon of the world to appreciate the wisdom, power and

beauty of nature. You look for other people to provide knowledge and answers through the wisdom of their experiences. Some knowledge coming your way answers some questions but nothing is personal to you. What you learn does not fit comfortably within your understanding of the times you are living in, your character, your personality and your known and potential capabilities.

When you look inside what do you find?

Looking inside is the fifth step. When you look within the first thing you find is a mind that continually focuses upon your life. This mind is never still. It is never quiet.

You then become aware of an array of emotions that fluctuate from high to low. They reflect your reactions to the events you observe or experience, what people say to you and how people treat you.

Finally you find a quiet, still place within, made apparent through the inner sun that is visible when you close your eyes. At first this place shows itself briefly, but with practice it becomes a place you can easily visit in quiet moments. It is only apparent in the quiet, when your mind stills its voice and your focus is not upon your physical life.

The sixth step gives you an experience through this central sun of your mind of what can be. You may go on a journey. You may meet people with whom you feel either comfortable or uncomfortable, even while not understanding why this is so. The choice of journeys you make and the choice of people you encounter comes from the desire and yearning of your heart, not through your physical mind. Where you go and whom you meet is your responsibility.

The seventh step is making contact with someone from an unknown source, someone beyond your perception of self, someone who presents to you in either a physical form or a

more etherealised form of light. Whom you contact and communicate with and what communication you accept comes from the desire and yearning of your heart and is your responsibility.

The spiritual world is now open to you. This inner world is beyond your personality for within this world you are not its centre. You are not a participant. You are an observer. The reason for this is you do not yet know your place in this world. The place you accept comes from the desire and yearning of your heart and is your responsibility.

How do you find your place in this world?
Whom do you talk to and trust in this inner world?

When your initial search within is promoted through a desire to discover the will of the greater life, this primary focus ensures safety. Continue to maintain this pure focus, then – with learning – protection is assured.

Journeys to be wary of consist of those that are replicas of Earth life, with you playing an important role or in the company of important people. People to be wary of consist of those whose communications praise you or others and promise you positions of power or public notoriety. These journeys and communications are appealing to your ego.

When your focus is on the greater life you are viewing yourself as a created being. Physically, this implies you are a child of parents. This position acknowledges your desire to learn, for this position as a child is a humble position. You are acknowledging that you know nothing of this new world. You are acknowledging that you want to be taught by someone who is greater and wiser than you. You are looking for a teacher.

How evolved this teacher, comes from the desire and yearning of your heart, which is your responsibility. Spiritually

you are seeking an evolved presence that has greater countenance and eminence than yourself.

You have a protector, a doorkeeper, a guardian who is a continuing presence in your life, recognised by a vibration of tranquillity, humility and strength. This presence brings calm, love and caring. Through the vibration of this being you may ask to enter a room, a holy place where you may be seated in prayer and acknowledge those wise ones you may have encountered in the worlds of spirit.

These are they who can introduce you to the vibration of your inner self.

This they can do through their compatible vibration, for to know them means you are compatible with them in that the goals and purposes in the life of your spirit within are compatible with their goals and purposes in life.

What is your spirit within?

This spirit is your life force and is extraneous to the Earth. It is above and beyond personality and it has experience of much of the greater worlds. Because of this, because of its travels and because of its creative work, wisdom is part of its nature. This is the knowledge and wisdom that is within you, that is you. This is the knowledge and wisdom you wish to access and bring to the surface of your mind.

How can you safely know your spirit within?

You first meet your guardian, your doorkeeper; he who guards the entrance to your soul; he who guards the entrance to your spiritual mind; he whose vibration is of strength, command and fearlessness; he who allows none past his presence who do not come at your request. This aspect of your inner life places all responsibility with you. You decide who you

will talk to, who you will see and with whom you will experience your spiritual journeys. You instruct.

With your safety structure secure, your journey of discovery begins. At this stage you have many questions and they are answered by others; your helpers and your teachers. The answers they give come to your mind as though from an outside source. It is as though someone is talking to you. The ideas come out of nowhere and are not related to anything you thought you knew.

When you encounter those in the spirit world who can teach you, their abilities and level of understanding are commensurate with your own. You receive the answers you are ready to receive, having already been tested by those first pre-requisites of no praise, no degree of specialness and no focus on *self*. With your focus on the greater life, what you hear and the understandings you respond to have nothing to do with the specifics of Earth life.

Your experience in this inner world grows slowly and many years or lives may pass before the eminence and countenance of your own spirit is revealed. The vibration of your own spirit within is strange compared with how you view yourself normally. Who you are and what you are, that part of you that travels beyond the life of Earth, is a force that seems greater than what can possibly fill your physical body.

This inner self is as deep as the ocean and as expansive as the sky. It has speed that is beyond light. It encompasses all that you are as a presence that does not exude either heat or cold. It is as difficult to grasp as a butterfly. As the edges of what it is draw closer it becomes even more encompassing. What it is includes all the spiritual vibrations of all that you know and love.

You cannot look for your eminence or your countenance. The journey or the path to discovering the wisdom of your own

spirit cannot be searched for. It has to be earned. Once you have worked towards and started along the path that seeks to only do the will of the greater life your journey takes you through an entrance, through a doorway to a place where the presence of your spirit becomes apparent.

Your journey along this path humbles the *self*. It allows you to sit at the feet of the Masters. They come to you when you are unfazed by any difficulties you face or any price you pay on your journey that has truth as its goal. They come to you when your focus is clearly on service; on doing all you can to ease the pain of others, lending them your strength so they can place their feet firmly on the path of truth.

At this stage you are aware that all you know is as nothing compared with the knowledge and wisdom of the universes, the worlds and the kingdoms of life. At the feet of the evolved teachers you may gather what crumbs of wisdom they allow to fall on your lap. They are pearls of wisdom signifying the real journeys you are privileged to make.

When you least expect it the entrance, the gate, the door to this inner place opens. Yet, even while open, what is on the other side is in the shadows, signifying an unclear passage. For in facing your spirit within, you are facing the spirit of every man, woman and child who has ever existed. All have contributed to the availability of the wisdom of life.

To touch upon this personalised, available wisdom is to touch upon the lives of others and in so doing you can only ever wish and seek for their lives to be the greatest and most ennobled they can be. In this scenario your desires can never relate in any way to *self*, for this is the first step to realising the *I am that I am* that fully comprehends that what affects one affects all.

All of wisdom who have ever come to the Earth have understood this aspect of the inner spirit, the *I am that I am*.

Their lives are spent encouraging others to touch this aspect of life that belongs further down the path of enlightenment. It is the promise of the end of a road that is filled with difficulties designed to enable the attributes of the spirit to become incorporated into the human soul and transform it. These are the attributes of humility, generosity, love, patience, chastity, temperance and diligence – each learnt through experiencing the difficulties of their opposites: pride, greed, envy, anger, lust, gluttony and sloth.

These are the difficult hurdles belonging to the Path of the Masters. The wisdom of your own spirit within is the cord of wisdom that becomes available to you with an expanding greater life.

I am alpha and omega.

Where you start and end and where I start and end is as one, for awareness of me is awareness of you and we are one in the love of the Great Spirit. We are beyond the individual structure of physical man.

I cannot express what I am, which is why I cannot express my love. My wisdom can only be felt as it overflows into your mind; difficult to comprehend, for it is without words. I am that I am and no more than this needs to be known or comprehended.

Loneliness

Creativity
Essence

The essence of who you are belongs to a world other than Earth so the philosophy of life comes from this other world. The cause of everything you feel, think, say and do is rooted in the world where you originated.

Let us look at loneliness.

Man is born to be a creator. He is born to develop everything he touches, expand its beauty, usefulness and capacity for growth and regeneration. He cannot improve on what is created but he can draw out the potential within the seed of everything.

Throughout all his travels man remains in contact with the source of his life and with others who are born of the same light. While he is living according to his potential and achieving purpose, he is at one with the light of who he is and what he should be doing. When he lives in this way he is fulfilled. When he is fulfilled he is happy. By living according to his essential nature his awareness is expanding. He is becoming more illumined as his awareness increases its contact with the greater light in the expanding worlds through which he roams.

With his growth and expanding awareness his contact with other worlds expands. Those who live in these other worlds experience life that enables them to fulfil their destiny by living and working in harmony with each other. Work, movement and life are joyous, for all is growth according to the heart. All appreciate life and all it entails and this man upon Earth wants to share in.

The essential nature of man's spirit continues to live harmoniously in the worlds of spirit even while an aspect of

what it is lives upon Earth in physical form where its essence lies deep within his body, the vehicle that allows him to survive upon Earth.

Man's creative ability has gone awry causing his relegation to physical life where any expression of his creativity cannot contaminate the worlds of light to which he truly belongs. He is imprisoned by time and space, working out as his perceptions expand the meaning of the true nature of his creativity. He shall spend his time upon Earth until once again he is able to live in harmony with all who have life and with the source of life.

The basis of man's creative urge is to expand his awareness so he may once more travel further afield and in doing so learn and grow. He can give full rein to his perception of creativity and is only limited by the physical laws of nature. The natural creativity of the spirit of man has adapted to physical life that has become focused upon the desires of the individual rather than what is shared with others. This change in application has instigated the need for man's soul to play out the result of selfish creative actions.

Man's creative approach in physical life has created differences between people and this is repulsive to spiritual life being diametrically opposite to the spiritual nature. This adaptation manifests as social interaction with people who are both similar and different. Earth has become a temporary home for the spirit of man associated with such adaptation and with separation from the original creative course of life that constituted the path of the human spirit, has come *loneliness*.

The souls of man upon Earth now face a cleansing, a purification process of evolvement from the physical life that has created a barrier to its spiritual components. Most remain

in the greater worlds of light. What is upon Earth animating the physical body is not apparent.

The results of man's will that has created life that manifests according individual desire take long a long time to transmute to the greater will. The pure aspects of the human spirit continue to live within the spirit world while those aspects that relate to deviance of the soul from the greater will must rectify upon the original place of transgression: Earth. This process delays the journey home of the spiritually conscious and aware spirit.

Ego and self-absorption has caused man to create according to his own will, instigating separation. The spirit yearns to be at one with the greater will once more but it cannot return home until the soul is purified of all deviance and the results of such deviance have been rectified. This is why loneliness exists.

Man now makes the journey to Earth alone and this loneliness makes the birth a painful transition. According to how he lives his Earth life the transition back to the spiritual world of his own choosing can be either joyful or painful but this transition is also made alone. This brief moment of lonely transition has come about through separation from the greater will.

How may loneliness transmute to oneness with life once more?

When all men on Earth become focused on living according to the purity of goodness that is the essence of the human being and all effort is made to create life according to the philosophy of goodness that reaches out to all others upon Earth and at no time focuses upon self, then more aspects of the spirit within that are anchored to the soul upon the Earth

are freed and able to radiate once more, at one with the greater life.

When this return of an aspect of the spirit within happens the individual is aware of the movement. It brings a lightness. The individual is filled with joy and he experiences more atonement with aspects of his greater self.

There is a greater sensation of attunement with familiar aspects of what is spiritual. The depth of loneliness within disintegrates. The sense of belonging to the greater life expands.

For those who do not respond to physical life in this way the depth of loneliness continues to be felt and through the law of movement grows. It can be masked but is not vanquished. It is masked with social occasions, the company of others and activity. Should all these things relate only to the needs of self and never to the greater good, there comes a time when the mask slips and the depth of loneliness has to be faced. Fear of facing these depths produces desperation and people hold all that is familiar close to them.

Man expresses his need to be creative by reproducing a replica of himself through generation. He produces someone whose existence tells him he is alive, but as Earth is not his real home his inner essence remains locked within the physical body to which it does not belong. The body is only borrowed for a short time and no replication through generation can replace comprehension of the oneness of life that can only felt when the spirit within is able to respond to the greater spirit beyond.

It may take a whole life to discover the true source of who you are. It may take a whole lifetime to meet and recognise more aspects of your essence that are embodied within your character. The road to enlightenment begins when you recognise what you must purify and when you learn to respond to the greater life rather than the physical world.

Enlightenment allows you to recognise the pure aspects of your spirit that remain within the spiritual worlds of their capabilities.

Physical life is a hard journey because it begins with loneliness and separation, but there can be happiness at the end of this road. This journey of purification is made in the light and leads to reunification with love that can fill your heart with joy that knows no bounds. Not only do you become reunited with love but also with every aspect and awareness of love you have ever known from the first moment of your spiritual birth.

Communicating with those who live in the worlds of spirit does not automatically imply that you are further along the road of enlightenment or that you know more than others who cannot make contact with those living in spiritual worlds. Communication between the two worlds is made so you can understand more about why you are doing what you are doing. Communication helps you understand why earth life is like it is.

Working with the worlds of spirit can place a burden upon your soul because you can easily forget the path of worship and acknowledgement of a greater will. This has happened to so many, so often and it has contributed to the continuing fall of some. When you communicate with the spirit worlds the greatest test is to stay true to the course of spiritual enlightenment that is only found in worship.

You cannot hide. You cannot bow your head. You cannot turn your back on your path. You cannot turn your back on where you came from. You cannot turn your back on the greater life that knows every breath in the universe; that knows all that has happened, all that is happening and all that can possibly happen. You are placed in the universe under the auspices of the ever-watchful eye. You cannot bow your head and hide.

Look in the mirror. Try to find who you really are. Know that you are capable of much. Know what you have done. Know what you want to do and accept this reality. Accept all that you are for all that you are makes up your human nature. Accept that there are things you have done and will do again. Accept that there are things that you have done that you will never do again. You may not know what you came to the earth to experience or why but you do know that you need to experience some things because your strong desire to do so tells you so.

Follow the dictates of your heart. Your experiences may be a cleansing; the final part of a long journey of experiences through many lives and many worlds, each bringing spiritual expansion to your soul.

What takes place upon Earth remains upon Earth. The only place wrongs committed upon the Earth can be corrected is upon the Earth. This is why you come to Earth. You have the chance to put right any wrongs in the place where they happened. What seems foreign to the good of your growth from your vantage may be a cleansing experience or part of rectifying some wrong done to someone in another time.

By being honest with yourself you learn acceptance of your human nature. You no longer have to try to meld two opposing aspects of yourself; your human nature and your spiritual nature, which at this stage of evolution cannot meld.

Look at what is happening on Earth. Look at the difficulties you face when you try to become healthy, when you try to live in purity, when you try to behave with modesty. The evolutionary state of the physical human being at this time is not close to the spiritual state, so embrace your human nature.

When your heart is pure it is easy to be too hard on yourself; unable to accept the diversity of your nature. There is so little

honesty upon the earth that you cannot share much of what you think and do with others. But you know, we know, and your spirit self that is not upon the earth knows, that by embracing certain experiences you are taking one step closer to displaying the honesty of who you are.

Whatever you do, do with joy. When your mind tells you that you are doing something you shouldn't do but your heart finds the experience joyful, you may be learning from an experience necessary for your growth.

Healer

Light of Spirit
Service
Healing or Healer?

When you come to the Earth the philosophy that originates in the worlds of spirit has to be applied to physical life. Because it has to travel through the soul to the physical mind what comes from the spirit worlds is differentiated to be able to apply to the physical body and its soul. The gateways, the chakras, filter what comes. They differentiate everything at the appropriate point as it goes deeper into the physical body.

You are here to apply to physical life the philosophy you have learnt in the worlds of spirit; a place where it is easier to live these understandings. The earth is a place where the voice of spirit is heard so little – and often not accurately. What is heard is often changed because of the process of differentiation that allows recognition.

Accept your physical nature and learn to laugh at yourself as you tread warily, seeing things you don't want to see, hearing things you don't want to hear and reacting in ways you don't want to react in.

You change on a daily basis. You change your thinking daily. You change your actions daily. This is what makes your life an exciting journey. When you are aware of constant change and not afraid of its implications you are creating a future that has exciting possibilities. You do not always know why you are here but these are the cards you have been dealt. These are the cards you must lay out each day in the life you have. All you can do is ask that somehow the greater purpose for your life can be achieved.

Whatever life you have, live it joyfully because your presence upon the Earth is a light. You are a light that is helping

the world in some way and for this let us all give thanks. Put your lights together and they become a flame of spiritual light and love.

The airways, through which light and love from the myriad spiritual worlds are made available to you, are opening and closing at various times to allow certain aspects of life and love to travel through them. You are unaware which ones are opening and which ones are closing. Ask that the emissaries of the greater life, the Lords of Life – Lord of the Earth, Lords of the Planets and Lords of the Universes – use your lights as only they know how.

Earth is a place of application. It is a place where you are tested for what you believe. You hear that it is a place of lessons and learning but there is no explanation of what the lessons are and how you are supposed to learn them. It is easy to forget that because you are living upon earth you have a duty to yourself. You have a duty to realise your own lessons and your own learning.

Truth is a harsh taskmaster so understanding has to be truthful. There is nothing gentle about truth. It is black and white. It is not *your truth* or *my truth*. It is an aspect of truth you face when you are ready.

How can you recognise your lessons and achieve the desired result?

This can only be done by not focusing upon your *self* that is experiencing events. It can only be done by not thinking of *me*.

Every moment of every hour of every day become observant. You may then note a lesson, and note the understanding that results from it to produce growth. This teaches you not to react to events in life emotionally or physically.

With your focus not on events but on the resultant learning and growing, comprehension which cannot result from self-absorption is available to you. When you focus on the learning that can result from events, you can see that what you learn can be applied to anyone in a similar situation. This realisation is humbling. You are looking in the direction of possible wisdom.

For spiritual growth to result, lessons which produce events are not yours alone, to be used to lift your *self* above others. Your lessons producing events are showing you your weaknesses and strengths. When you meet another who is going through a similar situation you can understand what they are going through even though you cannot help them.

You can never help others. When you want to help you are bringing the focus back to *self*. Only the Great Spirit can help. You can only support, smile and encourage. Through *His* love we give you strength so you can give others the strength to continue through the difficulties on the path they must continue down.

When you focus on *self* you learn nothing. When you focus on what you want to do to help others you learn nothing. All you can do is place yourself in service so that when others ask you have a response, a reaction that can promote their confidence, strength and ability to continue through their difficulties knowing they are not alone. They have support.

People want to be seen to rise above others. They do this by being a reflection of a brighter sun than themselves. You rarely find someone who is as a sun in their own right yet willing to lift another above them so the other person can become greater and able to achieve more.

It is noble when you place your hands under the foot of another and lift him high above you. You may not know what is in this person's future, but by lifting him up you may be

showing him an opening to a path that allows him to achieve great things for many people.

When you come to earth your memories are taken but they are in your soul. You can rediscover them. Through rediscovering what is in your soul you can open the channel of your heart and take another step in the direction of light; giving yourself an opportunity to gain further enlightenment.

There is joy in everything that is spiritual when the focus is upon the greater life. Without joy love and teachings cannot be applied to physical life. When you are in harmony with the greater worlds through the channel of your heart, you allow the birth of good things such as compassion. Through compassion you make the world a better place. Through compassion you make a difference. Through the compassion of your heart healing becomes your desire.

There are many forms of healing. There is magnetic healing. There is psychic healing. There is psychic surgery. There is spiritual healing.

We wish to talk about spiritual healing.

How much more possible it is to apply spiritual healing when you understand how the body, mind, soul and spirit can work together and how the two worlds you inhabit can work together. When the heart cannot comprehend this philosophy the process of healing cannot be understood and applied.

There is a difference between being able to be a healer and being able to give healing. There is a difference between being a healer and desiring to give healing. The all-important requisite for both is recognition that all comes from the greater life, but without strong, good health you cannot be a healer.

The life of the healer is a life focused on the Great Spirit. It is a life dedicated to prayer. It is a life that includes meditation, moderation, some abstinence and at times a sequestering

from the world. There have been great healers upon earth. They have lived quietly, away from the busyness of physical life. People have gone to them to receive healing.

When you cannot be a healer, ask yourself,

How can I offer my services for greater good?

When your desire is to give healing to whoever asks you, do so by placing the Great Spirit in prayer as your focus.

The person always feels better because for a short time you have offered your full attention and caring. You have offered your heart in a world where so little is given freely. As a result the person may feel healed but you cannot know whether this is so. You do not know whether you are healing the body, the soul or the mind, but it does not matter. The person knows they are receiving love. You know they are receiving love that comes from the greater life, flowing through you to him.

The words *I am a healer* is a signal of danger. It is a signal that *self* is the cause and effect of healing. True healing can only take place through the greater life.

All that happens upon Earth has to follow natural law even though you may not understand all the natural laws yet. Healing also follows natural law. As your understanding of the universe and the way you can live upon Earth grows, your abilities to channel greater healing grows and more becomes possible.

Should you have poor health and cannot be healed you must live with this poor health which limits your capabilities. You cannot do everything. Face what you can do. What you can do is what you do for there is much that can be done. You do not have to limit yourself to what you know and what you are good at. There are no limitations of this sort. Choose what you are interested in and develop it as far as you are able, happy that you are able to do it at all.

You are the sum total of your life upon the Earth to this point. The past cannot be rewritten. Health issues have taken the number of years that you have lived to become apparent and the clock cannot be turned back. At this point you can view your health and your life as a new foundation with a new beginning, taking what you have and improving on it. When your physical health does not allow you to do things you thought you might like to do, learn and understand more of what your soul has already done. Find what your mind and your heart can do now.

True healing is healing of the soul. Because the soul has experienced good and evil it is very wise. When you learn more about your soul you are able to access this resource.

What is sad in the world today is that the wisdom of the aged is wasted and lost. The young no longer wish to listen to the wisdom of the old. They do not wish to hear what old people can tell them about life and these are the people who access the wisdom of their souls.

The young are missing an opportunity that can help their future take them further. They are restricted by what their busy minds accept. When their minds are focused only upon physical life it is hard for them to change. It takes an extreme situation to do so, but change they will. Everybody upon Earth, one day, in some way and some time, will change to ways of good. Evil is present upon Earth and you cannot escape its presence but you do not have absorb it. The path of evil has a limited time.

When you come to a meeting of like minds with focus on the greater life your presence is a prayer and you can become a healing group. When you offer your services to be used for those in need you are offering your services not only for people you know but for all in need. It takes humility to accept that you

do not know which light of the greater light your light is most compatible with and where best it may serve.

Every man of evil ways can be gentled. It takes only one moment for an act of evil to be stopped by a light. You cannot know the hour or the day someone will turn away from the life they have always led. You cannot know in what second what light has come to them to stay their hand in a moment of violence. You cannot know what light has come to them to give them a second thought to prevent an act of harm to another. You cannot know what light has come to those in power to give them inspiration to do some good for those who are starving and destitute upon Earth.

Be joyful that you have the ability and time to sit in a quiet moment and offer your lights in service to the greater life so that more can be done than what you feel can be done.

Healing is awareness. It is awareness of your mind. It is awareness of the experiences that have created your foundation; experiences that have their roots in your soul. Healing is awareness of your soul.

Healing is awareness of your spirit. Even though you have not been introduced to your own spirit you are aware of its existence. Even though you do not know what your spirit is capable of you are aware that it is capable.

Those things you are aware of are a tiny part of the capabilities and potential of your spirit. Healing must therefore include expanding your awareness of these capabilities and in so doing expanding your knowledge. Should you remain unaware of these things you are unaware of the process of healing.

Everything you do as a human being is done within natural law. This makes the desire and intention of your heart important for through it you can access the resources of your soul and spirit.

It is only the spirit that has the power of the universe at its back, for what comes from the greater life comes first to the spirit which then animates the soul and body.

To call upon the spirit is to call upon the Great Spirit and that call must be a call of love. It must be a call of good intention not to be confused with those good intentions that pave the paths to destruction. Such good intentions detract from your good. True good intentions come from the heart not the mind which dictates its own desires.

It is the open heart that is the channel through which the healing light can flow but the heart cannot be open to the healing process unless you have health; full health of the body, mind, soul and spirit.

There are disciplines to be practised that set into motion the opening of the heart. They are the first step. The qi must flow evenly through the body so the mind, the body and the eyes can work as one in conjunction with the spirit of the greater life. When they work as one they may call through the power of the spirit to bring, through the open channel, the greater love that enables healing to take place.

To be a healer your task is to create a pure channel. To do this you have to know the steps. Begin with the health of the body. Stabilise the emotions. Achieve thought control. Establish a spiritual foundation. Create a stable way of life. Let worship and prayer become a natural part of daily life. Clarify your purpose, your goals and your expectations.

Achieve these disciplines and slowly each chakra shall open at a pace that enables you to achieve your purpose. All can only be achieved with prayer and discipline.

As each aspect of learning approaches, your awareness increases and the changes within you can be monitored. Your only cautions are not to allow your mind to control, or your *self* to become involved in any process.

Beware of Beliefs

Beware of beliefs. Beware of concepts and ideas about the greater beyond. All you think of and all you know only applies to the world you are living in so beware of a perception of how life is lived in another world.

Why do we say beware?

Should you create a concept, an idea, a perception or a belief of what is and what is not, of what is right and what is wrong, of what to expect and what not to expect, you are in danger of creating a reality which can inhibit the truth of something greater than what you are able to comprehend at this moment.

Beware of constructs of the mind.

We say this with the greatest love because we want what is available for you to experience and comprehend to become available to you. We do not want you to inhibit your capabilities and your possibilities with your constructs because, through your association with the Law of Free Will and the Law of Attraction and Repulsion, you can create a world not only on Earth but in other places where you desire to be. You can create your own reality. When you do this the door to the greater life closes. We do not want this door to close to any of our beloved upon Earth.

Beware of the constructs of the mind.

When you do not allow your beliefs to construct your reality on Earth you will not construct a reality of the greater beyond. Live now the way you wish to live in the future. When you live this way now then it will be natural for you to do so in greater places where you are more capable. Constructs of your mind inhibit what you can feel, see and do even more so in the greater beyond.

You go to the place you have evolved to. You go to the place you are most at home with. You go to where your heart's interest

lies. There are so many choices but it is better to grow to the greatest place possible.

When your heart speaks to you it dictates that journey whereas the constructs of your mind inhibit it. They create a place that fits in with the beliefs you have created because you are comfortable with them. They are what you have determined to live according to.

The heart's direction has 360° vision. The constructs of the mind create tunnel vision. Which of these indicators of direction do you really wish to follow?

Practise letting your heart speak to you, then it can follow the direction of your spirit. It knows its greatest and best possible journey in the greater beyond and it speaks through the knowing of your heart. It speaks through the peace you have created in your heart. It speaks through the joy that that is the voice of your heart. Your heart is the palace of the spirit.

Have no beliefs. Do not construct realities for you have the power to do so. You have the ability but it is not the best of your abilities.

The way of the heart when the spirit is in residence is quiet and gentle; like the trickling stream that weaves its way through tiny rivulets of Earth, seeping into the ground, giving its moisture as it continues its journey.

Living the way of the spirit is living gently with eyes open to the greater knowing of only the moment. It is not a way of life that is according to plan or organisation. It allows one moment to evolve out of another so opportunities for any number of experiences can be seen and taken. The pace is slow enough not to miss their presentation.

Practise living without beliefs, without construction and without planning every moment of what you believe is good for you. Then every moment will be good for you. Every moment will

be shared in a spoken or an unspoken way with those of like mind who live here and beyond. The spontaneity will be shared with those who lend their love and joy to the experience.

Welcome a life that brings different ways. Welcome peace and life will bring peace to you. Your heart will attract all that is good, nothing else existing for you.

With peace and joy you can love your life. Then with the passing, because you are practised in the ways of peace and joy you can love the life your spirit naturally gravitates to; not a place decided by a constructed belief.

The way is open and clear when the door of a pure heart is open.

Two Worlds Meet.2

Welcome to a Sanctuary of Spirit and Man. It is hard to understand your purpose or why what is happening upon Earth is happening at all. You look in many directions seeking answers but most often they are questions from your mind, not questions from your heart.

We speak only to your heart. What we offer cannot be taught and cannot be learnt. It touches your spirit and triggers an excitement within that can lead you on a journey that is the greatest journey you can take.

You are where you are because all you have thought, said and done has brought you to the place where you are, with its opportunities and its choices. Underlying all these opportunities and choices is what your heart has asked for even though your mind may not be aware of it.

You are here because you asked spirit to bring you some answers even though your minds are unsure of the questions. You are here because your unspoken questions come from your heart. Part of your journey is to discover these questions. You cannot receive answers until you know what your heart is asking.

We have come to point you in a direction that helps you make sense of your life. You are dissatisfied with your life when your spirit is not quickened yet you do not know how to quicken it or make your life better. Our job is to show you a direction and steps you may take to achieve this purpose.

You are here to experience physical life. You have an opportunity this time not to allow it to overtake all your thoughts and actions; not to make your life a focus of accumulating material goods, experiencing material pleasures and spending your time seeking companionship to fill your empty moments. These things eventually leave a hollow space within your heart for they cannot take away the

cold emptiness inside that can only be filled with universal love.

Where can you find universal love? How can you find it?

You seek love without realising that it has to come from this direction. It is your desire for love that turns your eyes in our direction and it is love that brings us to you. According to your heart and according to your questions we provide the appropriate teachers and knowledge. The standard you aim for can never be too high but this standard must be of the heart.

Your first step begins at a young age. Then you experience all that is natural to you, that you have learnt before according to the strength of character you have built previously. There follows a time after puberty when the door of the spirit opens. At this point you choose your direction and take a step along a road of your own choosing. You fully experience Earthly life as you must until you realise that it does not provide enough hope or purpose for the time you have here. All is too fleeting.

An inner attitude needs to prevail. At this first step you may receive a signal from the spirit world that can give you the first answers. Your initial contact with spirit varies individually but is of no consequence except to make you aware of the spirit worlds and of love and light of a deeper dimension that promises greater fulfilment.

You may only absorb the amount of light no greater than what comes from the sun, no greater than what comes from the etheric, spiritual sun. This is the greatest capacity of light you can absorb.

When you leave you go to a place to which your light has extended through your growth. With your thoughts, words and actions you build the vehicle of light that can take you there. This vehicle is part of the light of the place you arrive at.

Having made initial contact with the worlds of spirit, over the years you may focus on developing what are called the gifts of spirit thinking such spirit contact is an arrival but it is only a contact to promote your interest in worlds beyond Earth. It is only the first step and it does not take you to the Path of the Masters.

Prolonged focus on these *gifts* keep you attached to this contact, especially hearing and seeing. You are familiar with them and it is easy to apply them etherically but this application does not take you beyond the psychic, etheric world.

It is easier to contact worlds of spirit than it is to discover the essence of your own spirit within that has been coloured by the light of your soul. Your goal on this particular path we have laid is to eventually discover the light of your own spirit.

Teachings we offer you from this point on belong to a part of the journey that is before an increase of spiritual light. They are to help you understand why you are on Earth, how life is what it is and why, and how you may move beyond it.

There are many things to understand but each is only one small step taking you closer to that time when you can look within and discover the connection of your spirit to the greater life; the greater knowing.

This stage of learning through what we bring to you is preparatory because it still involves *self*, as do the *gifts* you may be seeking to develop. The real path is beyond *self*.

We are offering our services and our hearts in thanks for the gift of life. What we wish to bring to you is joy and love so you may form strong bonds with each other and with the worlds of spirit you aspire to. Whatever you aspire to, that is the contact you receive. For this you are constantly tested.

Never be afraid to reject a contact that is not of a high enough standard. Never be afraid to edit and question what

you receive and why. Never be afraid to eliminate contacts that do not serve the purpose of the growth of love and joy within you and within the company you are keeping.

The road for *self* is wide and clear, promising much. The road to the greater life is without *self*. It is dark and narrow, with many twists and turns, and to travel it you need strength. Ask for the wisdom to ascertain true knowledge for there is always a light to be seen and there is always guidance available so you are not harmed in any way, for you are the beloved.

Epilogue

From time-to-time inspirational people come to the world stage and their magic touches us so deeply our souls and hearts are harmonious and we are full of life. Through their art they reveal their souls as they share the story of their lives. Their passion for living pierces our hearts and inspires us to live fully, for they show us how.

Edith Piaf rose to the world stage exhibiting an indomitable spirit and zest for life that was contagious. Living fully and joyfully through all life's exigencies she sang songs of life and love, delivering love's message from her heart and giving her audiences all the love, joy and laughter within her.

I quote her unauthenticated words.

Pain, sorrow and losses give me words and music. They are my treasures and I give them to you. My laughter continues to float on my art and its zest for life is yours.

I give everything to my art so I may live well. I give all my heart to you so you may live well. I bare my soul as I share my heart and my love, for they are all that I do and all that I am.

Educator, explorer and *National Geographic* writer Dan Buettner travelled the world and found five locations that promote joyful living and longevity, both realised through the people's continued active and social participation in the culture and environment of their communities. The result is health and happiness for all.

Politics can use dialogue and diplomacy to resolve all problems. It is a tool that can put in place a structure that

provides people with the means to have a good life. What is a good life? It is a life that gives people the opportunity to work and provide for self and others and to be part of a community that shares these values.

Dan Buettner's work gives us hope that our cultures and environments can be changed to promote these ideals. He extends his discoveries to governments and people alike so they can work together to achieve this worthwhile potential for all human beings.

One day we will come to the realisation that we are all one people. When that time comes peace between all nations can become a reality. Until then we can each nurture peace within ourselves then bare our souls until our tears become the rain, our smiles become the sun and our voices become the wind as we gather our moments of peace and allow time to blow them across the world.

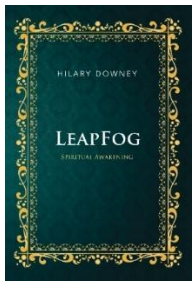
I shall walk the sandy beaches. I shall gaze across the oceans. I shall raise my eyes to the heavens and I shall ask for the courage to face what I must.

I do not wish to be caught up in inertia produced by fear, because its life can grow. I do not wish to be caught up in the maelstrom of activity produced by ego because its life can grow.

I choose an active life that includes the inspiration of hope, the perseverance of faith and the energy of love. I live, therefore I love. I love, therefore I create. I create, therefore I expand. I expand, therefore I release my spirit.

My spirit ascends, therefore I can receive truth. Because I receive truth my heart is open, my mind is clear and my soul is joyous.

Books by Hilary Downey



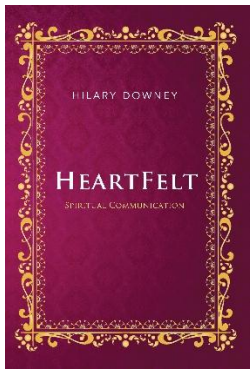
LeapFog – Spiritual Awakening

LeapFog is a story of change brought about by a desire to discover truth through the wisdom of spiritual worlds.

I want to relate to the best that is within me and this is my spirit. I want to learn about my spirit and where it comes from. I want to know why I am on Earth, what I need to do here and where I am going when I leave. LeapFog addresses these objectives through teachings received in simple, clear language.

LeapFog is so named because it illustrates the need to build a path through the barrier of etheric fog that lies between the physical world we inhabit and the spiritual worlds that are our destination. This inner path becomes a conduit for communication between two worlds so the voice of wisdom can be heard. We construct this path through our hearts, our minds and our souls. To do this we have to learn how our hearts, minds and souls function and the relationship between each.

"I shall give my knowledge and truth to the humble man, for love's real name is humility. My truth shall not come through the eye or ear but through the heart. The visions of the eye shall be for the doubters but the humble man shall work hard for his knowledge and live, step by step, each piece of understanding he receives into his heart. He shall not rely upon a vision of life. He shall live his life."



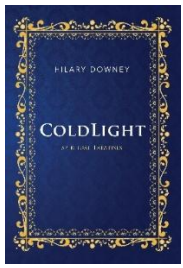
HeartFelt – Spiritual Communication

HeartFelt is the story of a four-year journey out of shock and grief – the result of death of loved ones. It is a book about accepting and bearing grief while forging a path ahead, with the help of wise and loving teachers from inner spiritual worlds.

HeartFelt is a Path of Hope – a collaboration between souls inhabiting two different worlds – each mourning the loss of the other, while celebrating the future possibilities of both; achievable because of mutual support and encouragement.

I write of an approach in life that continues to seek direction and purpose, asking for guidance and teachings about the nature of death and the future destination of us all. Personal communications and spiritual teachings intermingle, so there are few chapters.

"I am a constant presence in some form, not reliant upon your recognition through sight. My presence may be a memory. It may be a light, but always it is an encouragement to live. Always it is an encouragement to love. Always it is an encouragement to become the greatest you can."



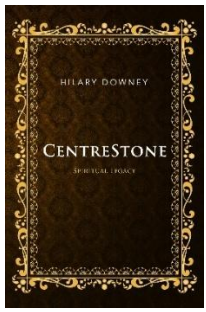
ColdLight – Spiritual Treatises

ColdLight is a collaboration of two worlds. The quest for illumination begins at the place where these two worlds meet - our hearts. Our hearts are the bridge and our minds are the interpreter. When we are young we are full of hope and plans for our lives but alone we do not always understand our reality. Sometimes we need a light to show us the way and this is the goal of *ColdLight*.

ColdLight presents thirty-one spiritual treatises that reflect spirit's deep and abiding care for all people upon earth. These treatises are designed to encourage, direct and help us understand our place and role in physical life and the greater life of spiritual worlds.

The spiritual treatises are given by teachers who have an emanating presence that is strong and commanding, strict and just. They come only to teach. When they depart they fill my mind and heart with a sense of oneness with the love and life of the universe and they replace any energy I have expended.

"We stretch out our hands to draw you on with us so we may travel together with no division between worlds, just a natural blending of life in all its guises."



CentreStone – Spiritual Legacy

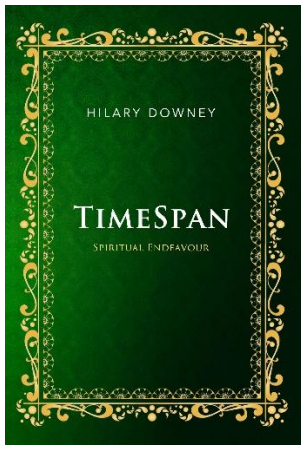
Through the symbolism of mythology and beliefs, Centre Stone provides an overview of our journey to Earth and looks at our spiritual Legacy which is our heritage.

The focus of the centre stone is the keystone to accessing this spiritual legacy. Available to all people, it is reached through the buried message of mythology, the soul's memory and spiritual inspiration.

Great teachers have always come to the Earth to contribute long lasting wisdom that influences following generations, their legacy of teaching occasionally named after them. Often prophets, their message focuses upon the progress of all people stop their aim is to advance civilisation because a civilised culture embraces all aspects of man's nature. Society is then shaped by the spiritual quality of its people - their finest attributes.

"Truth is wider and deeper than the oceans of sky and water and is essential for progress to a more enlightened state."

"I would not send one soul into the desert without a guiding light because the journey is harsh, sustenance is meagre and the way is confusing. Wherever the souls whom I love go, I send a guiding light to accompany them along their way."



TimeSpan – Spiritual Endeavour

TimeSpan reflects on the changing lives of people as they age. Everyone remains important because collectively all people shape society, the best of what is within them contributing to the advance of our current civilisation.

Spiritual philosophy helps make sense of the world stop it seeps into the consciousness like drops of water trickling into a pool, becoming real when applied to life, which then changes.

"You will come and you will go. You will walk the Earth and place your footsteps where they need to be. You will contribute something good and the Earth will be better for having asked for and accepted your presence. This day that is your life is short. When your task is done you will place your footsteps in a different way, but wherever you place them they are able to continue to contribute something good."